

Health Consequences

OF SMOKING IN BUSINESSES



Smoking kills more people than alcohol, AIDS, car accidents, illegal drugs, murders and suicides combined. It is the single most preventable cause of death and illness in the United States.

There are two types of secondhand smoke:

1

Mainstream Smoke

Smoke exhaled by the person smoking.

2

Sidestream Smoke

Smoke that comes out of the lighted end of cigarettes, cigars, or hookahs. Studies show that sidestream smoke contains more carcinogenic particles than mainstream smoke.

Chemicals from smoking and vaping in the workplace, known as occupational secondhand smoke exposure (SHS), is quite common and can cause a variety of health concerns for both smokers and non-smokers. Secondhand smoke exposure can cause¹:

- Lung cancer
- Cardiovascular disease
- Chronic obstructive pulmonary disease
- Poor overall health
- Sudden infant death syndrome

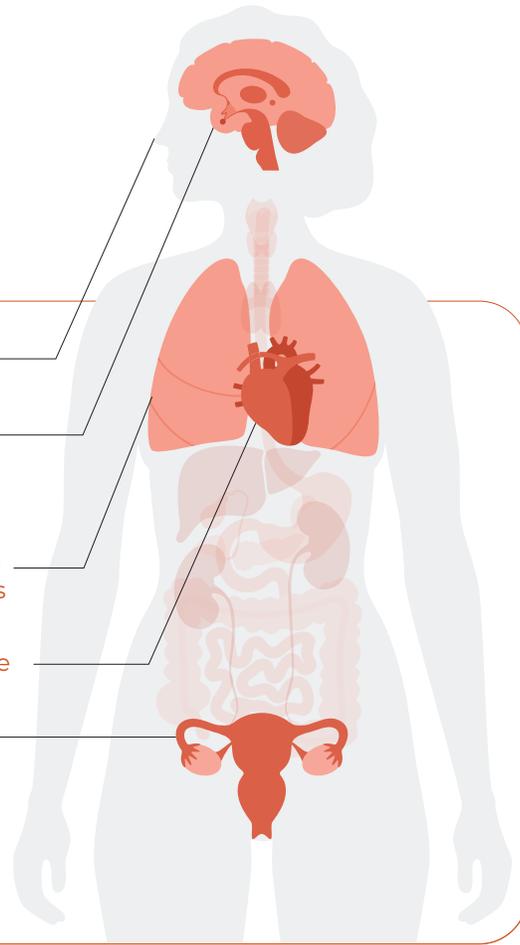
Nasal Irritation

Stroke

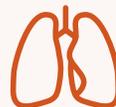
Respiratory Symptoms
Impaired Lung Function
Lower Respiratory Illness

Coronary Heart Disease

Reproductive
Effects in Women:
Low Birth Weight



Nonsmokers who are exposed to SHS increase their heart disease risk by 25–30%.²



Nonsmokers who are exposed to SHS at home or work increase their lung cancer risk by 20–30%.²



A 2011 study published in the journal Current Opinion in Pulmonary Medicine found that, “1-h exposure to SHS at bar/restaurant levels generates a marked inflammatory reaction and significant decrements on lung function...even brief and short-term exposures to SHS generate significant adverse effects on the human respiratory system.”³

The Surgeons General Report has stated that there are no risk-free levels of secondhand smoke exposure. A known carcinogen, breathing in even a small amount of SHS can cause harm to your health as it contains more than 50 cancer-causing chemicals.⁴ According to Tobacco Stops With Me, “just 30 minutes of exposure to secondhand smoke can cause heart damage similar to that of an everyday smoker”.⁵

Benefits of Quitting Smoking⁶

Time After Quitting	Health Benefits
Several Days	Carbon monoxide level in blood drops to level of someone who does not smoke.
1 - 12 months	Coughing and shortness of breath decrease.
1 - 2 years	Risk of heart attack drops sharply.
5 - 10 years	Risk of stroke decreases.
10 years	Risk of cancers of the bladder, esophagus and kidney decreases.
15 years	Risk of coronary heart disease drops close to that of someone who does not smoke.
20 years	Risk of cancers of the mouth, throat and voice box drops close to that of someone who does not smoke.

3. Immediate and short-term consequences of secondhand smoke ex... : Current Opinion in Pulmonary Medicine (lww.com)
4. There is No Risk-Free Level of Exposure to Secondhand Smoke (cdc.gov)
5. Health Effects of Secondhand Smoke Facts | Tobacco Stops With Me
6. Is It Too Late to Quit Smoking? (theexprogram.com)

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