

making healthy choices . . . living smoke-free

You have the power to protect your health and the health of your family.

Make your home and car smoke-free zones

- If you smoke, **QUIT**.
- Don't smoke in your house or permit others to do so.
- Don't allow babysitters or others who work in your home to smoke inside or near your children.
- Don't smoke anywhere children are present, particularly infants and toddlers.
- Don't smoke in the car, especially with children in tow, and ask people who are driving with your kids to refrain from smoking in the car.
- Don't take children to places where people smoke.

Out-and-about smoke-free

In 2003, New York State's Clean Indoor Air Law got stronger and people are getting healthier because of it. Now, virtually all workplaces are smoke-free, including bars and restaurants, schools, daycare centers, health care facilities, billiard parlors, auditoriums, zoos, theaters, retail stores, and public transportation facilities.

Calling it quits – your doctor can help

Quitting smoking is one of the best things you can do for your yourself and your family — but it's also one of the toughest. The most important thing to remember is **don't give up**.

Talk to your doctor to get started. He or she can help you to set a quit date, advise on over-the-counter or prescribed medications to help you quit, arrange for referrals to counseling centers, and deliver follow-up health care. You can also call the American Lung Association of Northeastern New York at 1-800-LUNG-USA (1-800-586-4872) or visit the web site at www.lungusa.org and click on **Freedom from Smoking**.

According to the U.S. Public Health Service, a combination of medicine and frequent counseling is highly effective in getting people to quit.



If you live with a smoker

If someone in your household smokes, be understanding — but encourage him or her to quit. Let them know that cigarette smoke affects everyone, not just the smoker. Let them know you care and you want to help. If someone absolutely must smoke, ask them to do so outside. (CDC)

For more advice on quitting smoking or helping someone you love quit, call your doctor.

A word about ventilation and air filtration

The best way to eliminate the health risks of secondhand smoke is to eliminate the smoke at its source. Ventilation and filtration may make the air feel cleaner, but they do not remove the threat posed by the carcinogens in secondhand smoke.

"Air filtration technology does not protect people from the dangers posed by secondhand tobacco smoke. The simplest and cheapest way to protect people from secondhand smoke is to create smoke-free environments."

- Adapted from: National Center for Tobacco-Free Kids, April 10, 2001



The Medical Society's Task Force on Tobacco is comprised of physicians from various medical specialties who have joined together to advocate on behalf of patients on issues related to tobacco.

- The Medical Society's Task Force on Tobacco
- Medical Society of the State of New York
- Schoharie County Medical Society
- American Academy of Pediatrics, District II
- American College of Obstetricians and Gynecologists, District II
- New York State Academy of Family Physicians
- New York State Ophthalmological Society
- New York Chapter American College of Physicians
- New York Chapter of the American College of Surgeons, Inc.
- New York State Society of Allergy, Asthma and Immunology
- New York State Society of Dermatology and Dermatologic Surgery
- New York State Society of Otolaryngology-Head and Neck Surgery
- New York State Psychiatric Association, Inc.
- New York State Society of Anesthesiologists, Inc.
- New York State Dental Society

Financial assistance provided by the Robert Wood Johnson Foundation Smokeless States Program Grant #041909.

Secondhand smoke affects EVERYONE



Protecting yourself and your family from the dangers of secondhand smoke



If you smoke, **QUIT**.

Pledge to have a smoke-free house.

Use your understanding to help others quit.

Protect the lives of those around you.

straight talk



This may be the most important brochure you ever read

Why? Because it will help you protect yourself and your loved ones from secondhand smoke — the third leading preventable cause of death in our country.

In 1986 the U.S. Surgeon General warned that secondhand smoke leads to lung cancer and heart disease in healthy nonsmokers, and respiratory infections, bronchitis, and pneumonia in children.

In 1992, the Environmental Protection Agency (EPA) classified secondhand smoke as a Group A carcinogen, along with pollutants like asbestos and radon.

The good news is that smoke-free policies in New York State and across the country are helping people breathe a little easier now than they were 10 or 20 years ago — whether on a plane, in the office, or out at a favorite bar or restaurant.

The bad news is that too many children and nonsmokers continue to be subjected to secondhand smoke. The National Cancer Institute estimates that exposure to second-hand smoke kills up to 53,000 nonsmokers each year.

about the dangers of secondhand smoke

What is secondhand smoke?

It's a mixture of the smoke that comes from the end of a cigarette, pipe, or cigar and the smoke that is exhaled from a smoker's lungs. According to the Centers for Disease Control and Prevention (CDC), this mixture contains more than 4,000 chemicals, 50 of which are carcinogens, or cancer-causing.

Why is secondhand smoke a problem?

Secondhand smoke causes 45,000 deaths each year due to heart disease.

Cardiovascular disease accounts for approximately 45,000 deaths each year, according to the CDC. The American Heart Association warns that even brief exposure to secondhand smoke damages the heart and blood vessels, and constant exposure nearly doubles the risk of heart attacks.

For the first time, the CDC is warning people at risk of heart disease to avoid any place that allows indoor smoking.

Secondhand smoke causes lung cancer in healthy nonsmokers.

The CDC estimates 3,000 adult nonsmokers die each year of lung cancer due to second-hand smoke.

Children are most at risk

The lungs and respiratory tracts . . . Children's lungs are not fully developed, making them particularly vulnerable to secondhand smoke. Secondhand smoke is associated with up to 300,000 new cases of bronchitis and pneumonia in children under 18 months old, many of which require hospitalization. (EPA)

The ears . . . Secondhand smoke can lead to buildup of fluid in the middle ear and require an operation. (EPA)



A WARNING for parents who smoke

The American Academy of Pediatrics warns that exposure of children to secondhand smoke is associated with increased rates of lower respiratory illness and increased rates of middle ear effusion, asthma, and sudden infant death syndrome. Exposure during childhood to secondhand smoke may also be associated with development of cancer during adulthood.

Secondhand smoke and asthma . . .

a dangerous mix

Secondhand smoke is linked to 26,000 new asthma cases in children each year and the EPA estimates that exposure to secondhand smoke worsens the severity of symptoms in hundreds of thousands of asthmatic children.

Be a smoke-free mom-to-be

Secondhand smoke is linked to low birth weight babies and sudden infant death syndrome. (National Cancer Institute). If you're pregnant, don't smoke — and steer clear of people who do.

Secondhand smoke affects EVERYONE



You CAN make a difference



This brochure is courtesy of the Medical Society of the State of New York Task Force on Tobacco