

# SECONDHAND SMOKE FACTS

- Secondhand smoke causes lung cancer in adults who themselves have never smoked.
- Even brief secondhand smoke exposure can damage cells in ways that set the cancer process in motion. Some damage is not reversible.
- In 1986, the Surgeon General showed a casual link between secondhand smoke and lung cancer.
- The Surgeon General has concluded that there is no risk-free level of exposure to secondhand smoke. Breathing even a little secondhand smoke can be harmful.
- Secondhand smoke contains more than 250 chemicals known to be toxic or carcinogenic (cancer-causing), including formaldehyde, benzene, vinyl chloride, arsenic, ammonia, and hydrogen cyanide.
- Nonsmokers who are exposed to secondhand smoke at home or at work increase their risk of developing lung cancer by 20–30%.
- According to the American Cancer Society, food service workers have a 50 percent greater risk than the general public of dying from lung cancer.
- Employees who work in smoke-filled businesses suffer a 25-50% higher risk of heart attack and higher rates of death from cardiovascular disease and cancer, as well as increased acute respiratory disease and measurable decreases in lung function.
- For each cigarette smoked, a nonsmoking employee inhales: as much benzene as one who has smoked **six** cigarettes; as much 4-aminobiphenyl as one who has smoked **17** cigarettes; and as much N-nitrosodimethylamine as one who has smoked **75** cigarettes.
- Secondhand smoke exposure has immediate adverse effects on the cardiovascular system, causes coronary heart disease and increases the risk of having a heart attack.
- People who already have heart disease are at especially high risk of suffering adverse effects from secondhand smoke and should take special precautions to avoid even brief exposures.
- Over 53,000 people die every year in this country from secondhand smoke exposure.
- In Arkansas alone, more than 500 adults die every year from secondhand smoke exposure.