

# NO IFs, ANDs, or BUTTS ABOUT IT: EXPOSURE TO SECONDHAND SMOKE KILLS

## Heart Disease & Stroke

**Exposure to secondhand smoke** has immediate adverse effects on the cardiovascular system and can cause coronary heart disease and stroke

**Even brief exposure to secondhand smoke** can damage the lining of blood vessels and cause your blood platelets to become stickier. These changes can cause a deadly heart attack.

**Secondhand smoke exposure causes** more than 8,000 deaths from stroke annually.

## Lung Cancer

**Secondhand smoke causes** lung cancer in adults who have never smoked.

Nonsmokers who are exposed to **secondhand smoke** at home or at work increase their risk of developing lung cancer by 20–30%.

**Secondhand smoke causes** more than 7,300 lung cancer deaths among U.S. nonsmokers each year.

## Sudden Infant Death Syndrome (SIDS)

**Secondhand smoke is especially dangerous for babies and women who are pregnant. Babies whose moms are exposed to secondhand smoke after birth are more likely to die from Sudden Infant Death Syndrome (SIDS.)**

SIDS is the sudden, unexplained, unexpected death of an infant in the first year of life. SIDS is the leading cause of death in otherwise healthy infants.

**Secondhand smoke** increases the risk for SIDS.

Infants who die from SIDS have higher concentrations of nicotine in their lungs and higher levels of cotinine (a biological marker for secondhand smoke exposure) than infants who die from other causes.

### Source

1. "Health Effects of Secondhand Smoke." Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, 05 Mar. 2014. Web. 28 Dec. 2015.