

# Second-Hand Smoke and Your Health

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There are more than 4,000 chemicals in second-hand smoke, including benzene, formaldehyde, and arsenic; 69 of these can cause cancer.

Smoke from the burning end of a cigarette has more harmful chemicals in it than the smoke inhaled directly by a smoker through a filtered cigarette.

If you are in a place where people are smoking you will breathe in these harmful chemicals.

Going into another room to avoid second-hand smoke **will not protect** you from all its harmful effects.

Ventilation systems do not remove all the harmful chemicals found in second-hand smoke.

## How does second-hand smoke harm your health?

Each year thousands of Canadians die prematurely from exposure to second hand smoke.

Second-hand smoke is the third leading cause of lung cancer.

Exposure to second-hand smoke can increase your chance of developing nasal sinus cancer, breast cancer, and cervical cancer.

Second-hand smoke can also increase your risk of heart disease and stroke.

Breathing problems like emphysema, pneumonia, and bronchitis happen more often to people who breathe in second-hand smoke.

Second-hand smoke causes itchy eyes, runny nose, coughing, wheezing, sore throat, nausea, dizziness and headaches.

