



Break the Habit

A Pharmacist's Toolkit for Smoking Cessation Counselling

Second-Hand Smoke

- Smoke exhaled by people who smoke or smoke from burning tobacco products

Exposure:

- Any person who does not directly smoke but is exposed to smoke, regardless of the type of tobacco product, either through direct smoke contact or from exhaled smoke



Impact of Second-Hand Smoke:^{1,2}

NEARLY
1000

deaths per year from lung cancer and heart disease in non-smokers due to second-hand smoke.



OVER
7000

chemicals in second-hand smoke, many of which are toxic and can cause various health issues, including respiratory problems, heart disease and cancer.

Toxins

CAN LINGER IN
rugs, curtains,
clothing, food and
furniture.

Vulnerable Populations:^{1,2}

- Infants
- Children
- Adolescents
- Pregnant individuals
- Individuals with preexisting health conditions



Health Effects on Non-Smokers:¹

- **Children:** increased risk of asthma and respiratory infections
- **Adults:** increased risk of cardiovascular diseases, lung cancer, infections and respiratory diseases including chronic obstructive pulmonary disease (COPD) and asthma



- o Second-hand smoke increases risk of coronary heart disease by 25-30%³
- o Second-hand smoke increases risk of developing COPD two- to fourfold⁴

Prevention and Protection:^{1,5}

- **Raise Awareness:** educate people about the dangers of smoke
- **Communication:** talk to people who smoke, discuss options such as smoking outside the home or car
- **Ventilation:** if someone smokes in a closed space, air the smoke out, open windows, or use a fan or air purifier
- **Avoid Smoking Spots:** separate smoking/non-smoking spots within the house

- **Support Smoking Cessation:** help someone quit smoking



References:

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3. Institute of Medicine (US) Committee on Secondhand Smoke Exposure and Acute Coronary Events. *Secondhand smoke exposure and cardiovascular effects: making sense of the evidence* [internet]. April 2010. Available from: www.ncbi.nlm.nih.gov/books/NBK219560. Accessed October 10, 2024.
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5. Smoke-Free Housing Ontario. *Take steps to reduce second-hand smoke* [internet]. 2024. Available from: <https://smokefreehousingon.ca/taking-action/rentals/take-steps-to-reduce-second-hand-smoke>. Accessed October 4, 2024.