SECONDHAND SMOKING: THE DANGER WE DON'T WANT TO SEE

The mixture of smoke created by burning tobacco products such as cigarettes, hookahs, cigars, pipes, or e-cigarette aerosols and smoke emitted by the breath exhaled by the person using the tobacco product is called "second-hand smoke". Exposure to secondhand smoke is also called environmental smoking.

What is thirdhand smoke? It is the smoke residue left by cigarette smoke in closed areas on surfaces such as walls, furniture and floors. This smoke residue can remain on surfaces for several months.

Those living in multi-unit dwellings are at the highest risk. Babies, children and pets who come into contact with these surfaces are most harmed.

What happens when we are exposed to secondhand smoke?

I. In 5 minutes: Arteries lose their elasticity like a smoker's.

II. In 20-30 minutes: Blood begins to clot, and fat accumulation in blood vessels increases the risk of heart attack and stroke.

III. in 120 minutes: Arrhythmia may develop, triggering a heart attack or other serious heart problems.

Why is passive smoking harmful?

Since tobacco smoke is not filtered, toxins spread into the environment. There are more than 7000 chemicals, more than 70 of which are known to be carcinogenic and 250 to be harmful to health (such as benzene, tar, cadmium, formaldehyde, nicotine, carbon monoxide, arsenic, ammonia).

What are the health effects of passive smoking?

Diseases proven to be associated with secondhand smoke in children: otitis media, respiratory system problems, inadequate lung function, SIDS lower respiratory tract diseases, and low birth weight.

Diseases that are significantly related to secondhand smoke in children: Lymphoma, leukaemia, brain tumor, asthma.

Disease for adults, the association with secondhand smoke has been proven: Coronary artery disease, lung cancer, problems with the sexual system, giving birth to low birth weight babies.

Disease for adults with significant association with secondhand smoke: Stroke, Larynx ca, pharynx ca, nasal sinus ca, breast ca, atherosclerosis, COPD, asthma, premature birth.

Passive risk groups: Babies-children, Pregnant women-women, asthma etc. People with respiratory problems, the elderly, disabled individuals, pets, and service sector workers.

In addition, low and middle socioeconomic levels increase the likelihood of exposure and reduce the likelihood of protection.

ESD (Electronic cigarette smoke) is not a harmless aerosol “water vapor”; Contains emissions that may include nicotine, heavy metals, glycol and other harmful compounds. Research confirms that there may be health risks for both e-cigarette users and those exposed to secondhand aerosols. Secondhand e-cigarette aerosol is known to cause cancer, birth defects and other reproductive harm.

Let's Create Smoke-Free Areas:

1. There is no safe level of exposure to secondhand smoke.

2. The only way to fully protect non-smokers from passive smoking in closed areas is to completely ban smoking in that closed area.

3. Separating smokers from non-smokers, cleaning the air, and ventilating buildings will not prevent non-smokers from being exposed to second-hand smoke.

4. It is very important that homes, cars, workplaces and public areas are completely smoke-free.

5. The clean air in parks and open spaces is also endangered by second-hand cigarette smoke and toxic tobacco residues. But smoke-free outdoor policies can protect from exposure to secondhand smoke.

You can look at "Article 8 of the Framework Convention on Tobacco Control" and the "Smoke-free airspace policies" published by WHO, which are designed to protect against passive smoking.

Despite smoke-free policies and practices, inadequate provision of smoke-free spaces, exposure to exposure in open areas, and lack of deterrent sanctions to prevent second-hand smoke continue.

How Do We Protect Ourselves From Secondhand Smoking?

- Avoiding places and areas where people are allowed to smoke tobacco products

- Ventilating living spaces (although it does not eliminate all passive smoke, it reduces the rate of toxic substances in the environment.)

- We should not hesitate to ask people not to smoke around us (at home, in the car, etc.)!

Remember: The only way to completely protect yourself and your loved ones is smoke-free living!

REMEMBER, CHILDREN ARE ALWAYS MOST IMPRESSED BY YOU! HE TAKES YOU AS AN EXAMPLE MOST. PROTECT THEM, DON'T HARM THEM!

Prepared by: Int. Dr. Rüveyda Aydoğdu