

When a smoker lights a cigarette, more than 4,000 chemicals are released into the air.<sup>1</sup> Studies have shown that even brief exposure to secondhand smoke puts nonsmokers' health at risk.<sup>2</sup>

## Last year, 49,000 nonsmokers died from secondhand smoke.<sup>5</sup>

- Exposure to secondhand smoke causes the deaths of an estimated 3,000 nonsmokers in the United States from lung cancer each year.<sup>5</sup>
- Secondhand smoke contributes to the deaths of 46,000 nonsmokers in the United States from heart disease each year.<sup>5</sup>

## Secondhand smoke contains 11 known cancer-causing poisons and 250 known toxins, including:<sup>3,4</sup>

*Arsenic (used in pesticides)*  
*Cadmium (used in making batteries)*  
*Formaldehyde (used to embalm dead bodies)*  
*Lead (once used in paint)*  
*Benzene (found in gasoline)*

## Secondhand smoke affects children.<sup>5</sup>

Sudden Infant Death Syndrome  
Low birth weights

Childhood middle ear infections  
Asthma

- Secondhand smoke can trigger asthma attacks in children. Asthmatic children who are exposed to secondhand smoke have worse and more frequent attacks than those who are not. Severe asthma attacks can be life-threatening to children, and more than 40 percent of children who go to the emergency room for asthma live with smokers.<sup>2</sup>
- On average, 430 infants die from Sudden Infant Death Syndrome each year as a result of their exposure to secondhand smoke.<sup>5</sup>

## Even limited exposure to secondhand smoke has negative health consequences.

- According to the U.S. Surgeon General, there is no safe level of exposure to secondhand smoke.<sup>2</sup>
- After just four hours in a casino where smoking is permitted, Minnesota nonsmokers showed 112 percent more lung-cancer-causing chemicals in their bodies than normal, and 456 percent more nicotine.<sup>6</sup>

<sup>1</sup> Monograph 10: Health Effects of Exposure to Environmental Tobacco Smoke. National Cancer Institute. 1999.

<sup>2</sup> The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. U.S. Department of Health and Human Services. 2006.

<sup>3</sup> National Cancer Institute. Risks Associated With Smoking Cigarettes with Low Machine-Measured Yields of Tar and Nicotine. 2001.

<sup>4</sup> National Toxicology Program. 11th Report on Carcinogens. 2005.

<sup>5</sup> California Environmental Protection Agency. Proposed Identification of Environmental Tobacco Smoke as a Toxic Air Contaminant. 2005.

<sup>6</sup> Anderson KE, Kliris J, Murphy L, et al. Metabolites of a tobacco-specific lung carcinogen in nonsmoking casino patrons. *Cancer Epidemiol Biomarkers Prev.* 2003.