

Chemicals in second-hand smoke can be harmful in many ways



Not just blowing smoke ...

Where there's smoke—there may be cancer. Tobacco smoke contains more than 60 chemical compounds that are known or suspected to cause cancer. Nonsmokers exposed to second-hand smoke absorb nicotine and other toxic chemicals just as smokers do. Besides cancer risk, exposure to second-hand smoke can lead to:

- Coronary heart disease
- Respiratory problems including coughing, phlegm, chest discomfort and reduced lung function
- Increased incidence of middle ear infections in young children
- Lower respiratory tract infections, such as pneumonia and bronchitis
- Increased number and severity of asthma attacks in asthmatic children

Looking for more firsthand facts about smoking and resources to help kick the habit? Log on to Blue Access® for Members and select the Personal Health Manager icon.



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Source: American Cancer Society

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