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.

Source: American Cancer Society