



LUNGS AT WORK... PLEASE DO NOT SMOKE

SECOND-HAND SMOKING ALSO KILLS

Needless to talk about the health effects of smoking since even smokers are fully aware of the harm of smoking, but very few are aware that the same detrimental effects applies for exposure to second hand smoke (a non-smoker inhaling "passively" while he is exposed to a smoker's cigarettes or waterpipe, better known as hookah, shisha or narguileh).

FACTS:

- ⇒ The risk of cardiovascular diseases **doubles** among non-smokers who are exposed to second-hand smoke on a daily basis.
- ⇒ Second-hand smoke increases the risk of lung cancer **30 times** more than all air pollutants combined.
- ⇒ For **every 8 smokers** who die from smoking, **1 non-smoker** dies from second-hand smoking
- ⇒ Only 30 minutes of second-hand smoke exposure increases the risk of cardiovascular disease among non-smokers.

Exposure to second hand smoking is of particular importance for pregnant women as it might lead to miscarriage, pre-term delivery, low-birth weight and increased risk of Sudden Infant Death Syndrome (SIDS). Also the

consequences of second hand smoke exposure would affect the newborn after birth and would increase the risk of respiratory problems, asthma, pneumonia, as well as ear infections.

In Lebanon, exposure to second hand smoke is incredibly high:

- ⇒ 80% of youth are exposed to second hand smoke in their homes, and 75% in public places.
- ⇒ Among 32 tested countries worldwide, Lebanon was among the top three with toxically high concentrations of particulate matter from smoke in indoor public places.
- ⇒ 60% of selected restaurants and cafés in six major Lebanese cities had high concentration of toxic levels of particulate matter from smoke

How to be protected?

Here lies the importance of implementing smoke free policies in closed public places, such as schools, universities, governmental institutions, workplaces, public transportations, cinemas, theaters, restaurants, cafés and pubs.

Smoke free policies:

- Protect smokers and non-smokers from second-hand smoking
- Help smokers decrease cigarette consumption

- Help smokers quit
- Prevent non-smokers from initiating smoking

One additional benefit of implementing smoke free policies in hospitalities venues is to protect the workers (waiters, bartenders...) from the health effects of second-hand smoking as they are being exposed for long hours during their work in restaurants and cafés.

WARNING!!!

There is no safe level of exposure to second-hand smoke. The latter is harmful even in minimal amounts. Neither ventilation nor filtration can reduce exposure levels of smoke. Moreover, separating smoking and non-smoking rooms in the same air space does not eliminate exposure to second hand smoke as we cannot confine polluted air. Only 100% smoke free environments provide effective protection from second-hand smoking exposure.

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