

# Manitoba Addictions Awareness Week

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## Fast Facts on Smoking and Second-hand Smoke

- ⇒ Tobacco use will cause more than 47,500 people to die this year. That's roughly the population of a city the size of Brandon, Manitoba. Smoking remains the number one preventable cause of death in Canada.
- ⇒ Second-hand smoke can kill. Two-thirds of the smoke from a cigarette enters the surrounding air. At least 1,100 non-smokers (such as friends and family) exposed to second-hand smoke will die this year.
- ⇒ Smoking can harm your unborn baby. Pregnant mothers who smoke run a greater risk that their babies will be born sick, or premature.
- ⇒ Exposure to second-hand smoke is also dangerous to babies after they are born. Children breathe faster than adults; they intake more air and therefore more pollutants relative to their body weight. Over 100 babies die every year from SIDS (Sudden Infant Death Syndrome), second-hand smoke has been linked to this syndrome.
- ⇒ Second-hand smoke is a cause of asthma attacks, ear infections, bronchitis and coughs in children.
- ⇒ It is illegal to sell or supply tobacco products to any person under 18.
- ⇒ Pipe smoke is just as bad as cigarette smoke. Cigar smoke is even worse.
- ⇒ Second-hand smoke contains over 4000 chemicals and gases. Over 50 of them are known to cause cancer. Benzene, carbon monoxide, formaldehyde, lead and arsenic are just a few of the compounds found in cigarette smoke.
- ⇒ Second-hand tobacco smoke contains nitrogen dioxide in concentrations at 50 times, and hydrogen cyanide at 160 times, the hazardous levels.
- ⇒ Nicotine is the addictive chemical in tobacco. Users become both physically and emotionally dependent on it.
- ⇒ Smokeless tobacco users also become addicted. Smokeless tobacco can be more difficult to give up than cigarettes. It can also cause cancer.
- ⇒ Children's exposure to second-hand smoke may contribute to heart disease in adulthood.
- ⇒ Lung cancer risk for bar and restaurant workers has been estimated to be 50% higher than that of the general population.
- ⇒ According to the Health Canada Youth Smoking Survey 2002, 25% of youth, in grades 5 to 9, reported ever trying any tobacco product compared to 42% in 1994. 73% of grade 9 students state that the behaviour of their friends is the most important reason that youth begin to smoke.
- ⇒ To borrow resources on smoking prevention or cessation contact the Addictions Foundation of Manitoba Library 944-6279. For smoking cessation assistance/programs contact the Quitline at 1-877-513-5333 or Seven Oaks Wellness Institute at 204-632-3927.