

A Fact Sheet for Seniors and the People Who Care for Them

CDC Issues Warning for Nonsmokers

The U. S. Centers for Disease Control and Prevention (CDC) has issued a strong warning for nonsmokers at risk for heart disease: avoid all indoor places where tobacco smoking occurs. Tobacco smoke, according to health experts, has a “non-linear dose response,” meaning that significant short-term damage to the cardiovascular system, especially risk of heart attack, can occur even at very low levels of exposure. *Excerpt from the ANR Update Summer 2004*

The hazard in the home requires greater public education so that smokers recognize the risk to which they expose members of their family. It is also important that doctors and nurses advise that families of patients with known coronary artery disease do not smoke in the presence of that patient. *October 18, 1997 article by Law, Morris & Wald in the British Medical Journal, ETS Exposure and Ischemic Heart Disease: An evaluation of the Evidence*

Air filtration is not the answer. It just won't work. That's because secondhand smoke is classified as a cancer causing agent with no safe level of exposure. Air filtration may reduce the sight or smell of secondhand smoke, but it won't protect your health. Room air cleaning devices now on the market are ineffective at removing cancer-causing chemical pollutants. *Syracuse University scientists, American Cancer Society, American Heart Association, and the American Lung Association*

There is an 82% increased risk of stroke associated with breathing secondhand smoke in both men and women. *Bonita, 1999*

You may feel uncomfortable at first about asking your friends or family members to step outside to smoke, but your health is more important than that cigarette! “Please step outside while you smoke” is polite and effective.

SENIORS DESERVE SMOKE FREE AIR

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