

**SMOKE
FREE
KENTUCKY**

SECONDHAND SMOKE CAUSES HEART DISEASE



TOBACCO SMOKE IS NOT JUST AN ANNOYANCE IT'S A PROVEN HEALTH HAZARD FOR SMOKERS AND THE PEOPLE AROUND THEM

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- Exposure to secondhand smoke has immediate adverse effects on the cardiovascular system and can cause coronary heart disease and stroke.¹
- In the United States, secondhand smoke causes nearly 34,000 premature deaths from heart disease each year among nonsmokers.²
- Nonsmokers who are exposed to secondhand smoke at home or at work increase their risk of developing heart disease by 25 to 30%.²

SECONDHAND SMOKE INCREASES THE RISK OF HEART ATTACK

- The Institute of Medicine confirms that there is conclusive scientific evidence that secondhand smoke causes heart disease, including heart attacks.³
- According to the Centers for Disease Control and Prevention, breathing secondhand smoke interferes with the normal functioning of the heart, blood, and vascular systems in ways that increase the risk of having a heart attack.¹
- Even brief secondhand smoke exposure can damage the lining of blood vessels and cause blood platelets to become stickier.¹
- People who already have heart disease are at especially high risk of suffering adverse effects from breathing secondhand smoke and should take special precautions to avoid even brief exposures.¹

SMOKE-FREE LAWS REDUCE THE NUMBER OF HEART ATTACKS AND SAVE LIVES

A growing number of studies in smoke-free localities, states and countries found reductions in heart attack rates after smoke-free laws were implemented.

- There is a causal relationship between smoke-free laws and decreases in heart attacks.³
- It is biologically plausible that relatively brief exposure to secondhand smoke can precipitate an acute coronary event.³
- The CDC also noted that studies conducted in several communities, states and countries have found the implementation of smoke-free laws was associated with reductions in hospital heart attack admissions.¹
- Smoke-free policies have the potential to be one of the most effective and cost-effective approaches for reducing acute coronary events.²

IT'S TIME TO ENACT A LAW THAT WILL REDUCE HEART ATTACKS IN KENTUCKY

- ¹ Centers for Disease Control and Prevention (CDC) Factsheet, “Health Effects of Secondhand Smoke.” Updated March 5, 2014. http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm. See also: U.S. Department of Health and Human Services, The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006. Available from: <http://www.surgeongeneral.gov/library/secondhandsmoke/>.
- ² U.S. Department of Health and Human Services, The Health Consequences of Smoking: 50 Years of Progress: A Report of the Surgeon General, 2014, Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention and Promotion, Office on Smoking and Health: Atlanta, GA.
- ³ IOM (Institute of Medicine). *Secondhand Smoke Exposure and Cardiovascular Effects; Making Sense of the Evidence*. Washington, DC: The National Academies Press, 2009. <http://www.iom.edu/Reports/2009/Secondhand-Smoke-Exposure-and-Cardiovascular-Effects-Making-Sense-of-the-Evidence.aspx>.