



Central Health Board

of Khoja Shia Ithna-Asheri Supreme Council

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EXPOSURE TO SECONDHAND SMOKING

An independent report released by the Institute of Medicine on secondhand smoke exposure and heart disease clearly confirms that secondhand smoke could cause heart attacks; smoke-free bans prevent them and save lives.

Secondhand Smoke and Heart Disease

- Nonsmoking adults who are exposed to secondhand smoke at home or work increase their risk of coronary heart disease by 25–30%. In addition, exposure to secondhand smoke has immediate adverse effects on the cardiovascular system.



Breathing Secondhand Smoke

- Breathing secondhand smoke can have immediate adverse effects on your blood and blood vessels, potentially increasing the risk of a heart attack.
 - Breathing secondhand smoke interferes with the normal functioning of the heart, blood, and vascular systems in ways that increase the risk of a heart attack.
 - For some of these negative effects, the immediate impact of even short exposures to secondhand smoke appears to be almost as large as that observed in active smokers.
 - Even a short time in a smoky room can cause your blood platelets to become stickier.
 - Even brief secondhand smoke exposure can damage the lining of blood vessels.
 - Short exposures to secondhand smoke can decrease coronary flow velocity reserves to levels observed in smokers and reduce heart rate variability.

- People with high bad cholesterol have higher chances of clogged arteries in the heart when exposed to second hand smoke.
- 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.
- Secondhand smoke exposure can also make a heart attack more severe than it would have been in the absence of exposure.

How can I lower my risk and protect my family?

To protect yourself and your family, there are important steps you can take:

- Do not smoke or allow smoking indoors or in a vehicle, at anytime.
- Visit only those restaurants and businesses that are 100% smoke-free. Separate “no smoking” sections DO NOT completely protect you from secondhand smoke. Neither does filtering the air or opening a window.
- Encourage your community leaders to implement policies that make all indoor workplaces and public places, including restaurants smoke-free.
- Take special precautions to ensure that family members who have heart disease or risk factors for heart disease avoid secondhand smoke exposure.

The most effective way to protect yourself and your family is to quit smoking. In addition to the negative effects of secondhand smoke on the heart, smoking is also a major risk factor for heart disease.

Urgent action required by all Jamaats:

1. Ban smoking in all public areas of the Jamaat.
2. Conduct Health Awareness lectures regularly, also covering the hazards associated with smoking and 2nd hand smoking.
3. Volunteers should be assigned to monitor and stop people smoking in the public areas, i.e. mosque compound etc.
4. Place “No Smoking” signs in all public areas, meeting rooms, toilets etc.



“Community’s health – CHB’s priority”