

Keep your kids healthy

Do not smoke in the car and home



Chinese Australian Tobacco & Health Network (CATHN) is a joint project between Sydney South West, Northern Sydney Central Coast and South Eastern Sydney Illawarra Area Health Services and The Cancer Council NSW

CATHN would like to acknowledge The ETS and Children Project Taskforce for funding the production of this training manual



Why do people smoke?

- Dependence
- Cope with stressful situations
- Loneliness/isolation
- Depression
- Weight control
- Curiosity
- Relaxation
- Peer pressure
- Pressure of work
- Family crisis
- General anxiety
- Looks cool
- Cultural pressure
- Boredom
- Habit
- Social



What is in a cigarette?

4,000 chemicals of which 43 cause cancer

They also contain over 200 poisons

The major problems are with:

- Nicotine
- Tar
- Carbon monoxide



Nicotine

- ❑ Is highly addictive and in other forms is known as a poison
- ❑ Increases your heart rate and blood pressure, making the heart work harder and putting strain on blood vessels
- ❑ Slows blood flow, reducing the amount oxygen that reaches the feet and hands
- ❑ The reduction of nicotine in the blood makes people feel anxious and that's why many think smoking calms them down



Tar

- ❑ As well as surfacing roads it coats the inside of the lungs with cancer causing chemicals
- ❑ Smoking lower tar cigarettes results in increased inhalation which will increase the levels of carbon monoxide
- ❑ Can stain smoker's fingers and teeth a yellow brown colour



Carbon Monoxide

- Found in car exhaust fumes, it also robs the muscles, brain and body tissue of oxygen, making the heart work harder

Also found in cigarettes
are:



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- ❑ **NAPHTHALENE** (moth balls)
 - ❑ **PHENOL** (paint stripper)
 - ❑ **BUTANE** (lighter fluid)
 - ❑ **ARSENIC** (rat poison)
 - ❑ **AMMONIA** (floor cleaner)
 - ❑ **ACETONE** (nail polish remover)

To name only a few

Health Effects smoking causes:



- Heart attack
- Stroke
- Cancer
- Emphysema
- Bronchitis
- Asthma
- Ulcers
- Premature ageing
- Impotence
- Miscarriage
- Blindness

Clean-up process and the beneficial health changes that take place after quitting



Within:

- 20 min Your body begins a series of changes that continue for years. Your heart rate drops
 - 4 hrs Nicotine levels in your blood is reduced by half
 - 12 hrs The carbon monoxide level in your blood drops to normal and the oxygen increases
 - 1-2 days Nicotine byproducts are removed
 - 2-3 days Taste buds revive, and your ability to taste and smell improves
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Clean-up process and the beneficial health changes that take place after quitting



- **2-12wks** Your heart attack risk begins to drop. Circulation improves

Within

- **3 mths** Coughing, sinus congestion and shortness of breath decreases
- **1 year** Your added risk of coronary heart disease is reduced by $\frac{1}{2}$ compared to a non smoker
- **5 years** Your risk of cancer of the mouth, throat and esophagus is halved and your risk of stroke is dramatically reduced

Clean-up process and the beneficial health changes that take place after quitting



- 10 yrs Your risk of lung cancer falls to about half that of a smoker and your risk of cancers of the mouth, throat, oesophagus, bladder, kidney and pancreas also decreases
- 15 yrs Your risk of coronary heart disease and risk of death from fall to about the same as someone who has never smoked



Smoking and the Law

- Because the smoke from cigarettes is so harmful, smoking is illegal in many buildings and enclosed public places like shopping centres and public transport
- It is also illegal to sell cigarettes to children under 18 years of age. Shopkeepers can be fined \$5,500

Environmental Tobacco Smoke



- Just because you can't see it , that doesn't mean that it can't harm you.
- Some components of smoke linger in the air for hours, breaking down into even more harmful chemicals.
- Particulate matter (tiny pieces of solid material) can cling to clothing and be inhaled by the non-smokers

Compared to the smoke inhaled by active smokers, sidestream (passive) smoke contains:



- ❑ Two and a half times as much nicotine
 - ❑ Three times as much carbon monoxide
 - ❑ Three times as much benzopyrene
(a carcinogen)
 - ❑ 98 times as much ammonia
(a respiratory irritant)
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Ventilation

- ❑ Smoking by the back door or near an open window doesn't remove the exposure to ETS
- ❑ Total removal of tobacco smoke through ventilation or filtration is both technically and economically impractical
- ❑ Vehicles are another enclosed space to consider

For children exposed to ETS there is an increased risk of:



- Upper and lower respiratory tract infections e.g. bronchitis, pneumonia
 - Asthma in children previously asymptomatic
 - More severe asthma in children who already had it
 - Sore or runny ears (otitis media)
 - Dental decay
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For children exposed to ETS there is an increased risk of:



- Heart disease, as ETS lowers children's "good" cholesterol (HDL)
 - SIDS (sudden infant death syndrome)
 - Neurobehavioural problems
 - Higher lead exposure
 - Developing allergic reactions
 - Poorer lung function
 - Higher rates of meningococcal disease
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What can you do to protect a child's health?



There are effective ways to protect children from other peoples cigarette smoke. Here are some suggestions for your car:

- Make a rule – your car is smoke free for all the family & friends
- Contact The Cancer Council NSW for stickers, to make it clear that your car is a smoke free zone
- Put no-smoking stickers on the car ashtray & dashboard
- Remove car ashtray & cigarette lighter
- Remember opening the window will not protect children

What can you do to protect a child's health?



Here are some suggestions for your home:

- Make a rule – your home is smoke free for all your family & friends
- Contact The Cancer Council NSW for stickers, to make it clear that your home is a smoke free zone
- Put smoke free zone magnets or stickers on the kitchen fridge & in prominent places around the home

What can you do to protect a child's health?



- Remove all ashtrays from inside your home
- Ask people who want to smoke to go outside – it is not enough to just to open the door or window
- Choose a smoking area outside your home and provide ashtrays that are out of reach of toddlers & small children
- If you are out socialising in public near smokers, politely ask smokers to move away from children or move the children to a new area that is smoke free

To protect children's health
make your car and home a smoke free zone
