

A LITTLE IS DANGEROUS

Short-term exposure to secondhand smoke does real damage, far beyond the stench and irritation. This means hospitality patrons are at significant risk, along with restaurant and bar employees.

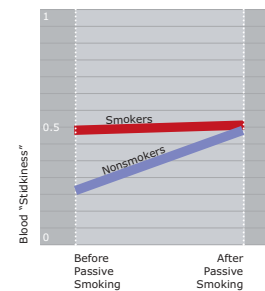
► **5 minutes exposure = smoking a cigarette...**

Five minutes exposure to secondhand smoke stiffens the aorta (the main artery carrying blood from the heart to the body) as much as smoking a cigarette. More arterial stiffness makes the heart work harder to pump blood.

► **20 minutes exposure = smoking a pack a day...**

Twenty minutes of breathing secondhand smoke at levels similar to those measured in bars activates blood platelets involved in the clotting process as much as it does in pack-a-day smokers. These activated platelets increase the chances of heart attack or stroke. In the short term, activated platelets are more likely to form a blood clot (thrombus) in the blood stream. If this clot blocks an artery in the heart, it causes a heart attack. In the brain, it causes a stroke. Long term, activated platelets can also damage the artery lining in a way that leads to cholesterol buildup; narrowing the arteries in turn causes coronary heart disease, chest pain, and heart attacks.

Effect of Second Hand Smoke on Blood "Stickiness" of Smokers vs. Nonsmokers



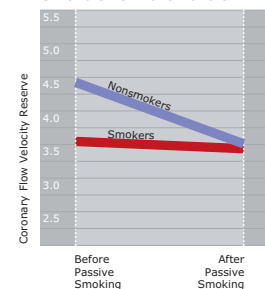
Just twenty minutes of second-hand smoke exposure makes non-smokers' blood platelets as "sticky" as smokers' platelets.

► **30 minutes exposure = stiffened, clogged arteries...**

Thirty minutes of secondhand smoke compromises a non-smoker's coronary arteries to the same extent as in smokers. A non-smoker's coronary arteries can dilate and boost flow to heart muscle better than a smoker's. After half an hour of secondhand smoke exposure, a non-smoker's arteries lose the ability to dilate to the same extent as a pack-a-day smoker's.

Thirty minutes exposure also compromises the ability of your blood to manage LDL ("bad") cholesterol by depressing antioxidant defenses—and the effect persists for several hours after exposure ends. These changes boost the risk of building up arterial fat deposits that lead to heart attack and stroke.

Effect of Second Hand Smoke on Coronary Arteries' Ability to Increase Blood Flow of Smokers vs. Nonsmokers



Absent secondhand smoke, a non-smoker's coronary arteries can dilate and boost flow to heart muscle better than a smoker's. After 30 minutes of secondhand smoke exposure, a non-smoker's arteries lose the ability to dilate to the same extent as a pack-a-day smoker's.

► **2 hours exposure = greater risk of irregular heartbeat...**

Breathing secondhand smoke also can speed up your heart rate while, at the same time, reducing "heart rate variability"—small, random variations in heartbeat. While the mechanism is not yet

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Big Tobacco is lying. Again.

fully understood, reductions in heart rate variability signal problems in the nervous system's control of the heart, increasing the chance of an irregular heart beat (arrhythmia) that can itself be fatal or trigger a heart attack.

All of these effects not only increase the long term risks of developing heart disease, but also increase the immediate risk of heart attack. And if someone suffers a heart attack while breathing secondhand smoke, it will likely be worse.

Secondhand smoke also causes wheezing, asthma attacks and other respiratory symptoms, and burning eyes, nose and throat. These effects, if caused by any industrial pollutant, would warrant strong corrective action.

Find out more...

Visit TobaccoScam.ucsf.edu for the latest information based on secret industry documents, methodologically-sound economic studies and public health data. TobaccoScam names names and publishes the facts behind Big Tobacco's decades-long campaign to use and abuse the hospitality industry.



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