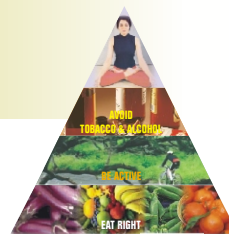


Passive Smoking ...



Healthy Habits , Healthy Life , Healthy India

Passive Smoking

Exposure to environmental tobacco smoke (ETS) is also known as passive smoking. It comprises smoke from both the burning end of a cigarette ('Side Stream' smoke) and the smoke exhaled by a smoker.

Smoking during pregnancy can lead to:

- Still birth
- Low birth weight babies
- Poor academic performance in school



Passive smoking is especially dangerous for babies and children

Effects of Passive Smoking on health

- Increased risk of cancer and heart attack among spouses of smokers.
- Worsening of breathing problems
- Irritation of the eyes, nose and throat.

Nearly 700 million or almost half of the world's children, breathe air polluted by tobacco smoke, particularly at home.

