

Your cystic fibrosis care center is concerned about second hand smoke and its effects on the lungs. All world health groups agree that second hand smoke can cause serious problems to people with normal lungs. People with CF are even more at risk.

WHAT IS SECOND HAND SMOKE?

- Second hand smoke is a mixture of chemicals given off by the burning end of a cigarette, pipe or cigar and the smoke breathed out by smokers.
- Second hand smoke is heavier in enclosed areas, such as cars, homes, apartments, restaurants, bars, and casinos.
- Second hand smoke remains in enclosed areas like a house or car for hours, days or longer.

WHAT DOES SECOND HAND SMOKE DO?

- Second hand smoke irritates the lungs and sinuses, causing inflammation. The person exposed to the smoke may look normal on the outside but their lungs and sinuses will show inflammation or swelling. This inflammation may cause people to have or feel like they have bad allergies, cold symptoms or an asthma attack.
- Second hand smoke increases lung illnesses such as pneumonia and asthma. Children are more likely get ear infections.
- Second hand smoke damages the airways and the air sacs in the lungs, which can lead to chronic lung disease.
- Second hand smoke dries the nasal passages (inside of the nose).
- Second hand smoke shuts down the cilia, the tiny hairlike cells on the lining of the airways that help remove mucus out of the lungs and sinuses. The smoke stops them from doing their work of cleaning dirt and germs out the airways.
- Second hand smoke stops the lungs from growing and working well.

WHY ARE PEOPLE WITH CYSTIC FIBROSIS MORE AT RISK THAN OTHERS?

- Compared to normal lungs, lungs with CF have mucus that is thicker, and the cilia have less fluid to help them move. When the cilia are weakened by smoke, they are even less able to keep the lungs clean.
- People with CF already have a hard time eating and gaining weight, and second hand smoke can decrease the sense of smell and taste, thus decreasing their appetites.

Remember: If a relative or friend who smokes in their home invites you over with the promise that they won't smoke while you are there, the second hand smoke is still present in the air that you breathe.

IF YOU SMOKE AND WOULD LIKE TO QUIT, LET US HELP YOU MAKE IT HAPPEN.

Ask your CF care center about how they can help you stop smoking.

REFERENCES:

World Health Organization: <http://www.who.int/tobacco/en/>

American Lung Association: <http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=22938>

American Academy of Pediatrics: <http://aappolicy.aappublications.org/cgi/content/full/pediatrics%3b99/4/639>

National Institute of Environmental Health: <http://www.niehs.nih.gov/oc/news/smoke.htm>

Asthma and Allergy Foundation of America: <http://www.aafa.org/display.cfm?id=8&sub=16&cont=68>

Surgeon General's Report of Smoking: http://www.cdc.gov/tobacco/sgr/sgr_2004/sgranimation/flash/index.html

Quitting Smoking: <http://www.nlm.nih.gov/medlineplus/smokingcessation.html> or <http://www.cdc.gov/tobacco/how2quit.htm>