

# TheNews

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## Second-hand smoke bad for smokers' health

Islamabad

In addition to the risks associated with directly inhaling cigarette smoke, smokers also face significant risk from their own second-hand smoke.

Very few studies have evaluated adverse effect of passive smoking exposure among active smokers, probably due to the assumption that dose of toxic compounds that a smoker inhales by passive smoke is negligible when compared to their dose inhaled by active smoking, Health News reported.

To see if smokers are at risk from passive smoke as well, researchers followed newsstand agents in Genoa, Italy. News agents were chosen because they work alone in small newsstands, and any tobacco smoke in the air they breathe is strictly correlated to the number of cigarettes smoked by that news agent. The researchers studied the contribution environmental tobacco smoke made to carcinogen exposure in 15 active smokers.

The finding challenges the widely held belief that the threat posed to smokers by second-hand smoke is negligible.

It was found that smoking 14 cigarettes a day results in second-hand smoke exposure that's equivalent to smoking an extra 2.6 cigarettes. This indicates that both active and passive smoking exposures are harmful to a smoker's health. — APP