

SECOND-HAND SMOKE & BREAST CANCER RISK: FAST FACTS



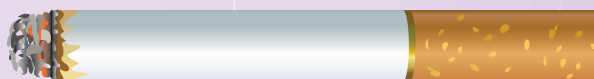
Second-hand smoke is a mix of the smoke exhaled by smokers and the smoke released into the air from a burning cigarette.



Second-hand smoke is more toxic than smoke inhaled through a cigarette filter.



Second-hand smoke kills over 1,100 non-smokers each year in Canada!

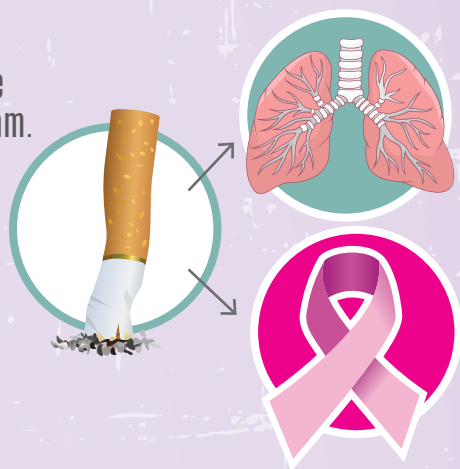


HOW IS SECOND-HAND SMOKE RELATED TO BREAST CANCER?

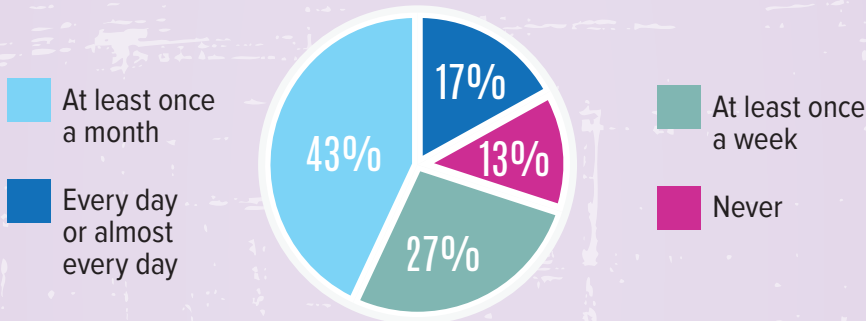
When cigarette smoke is inhaled, even second-hand, the chemicals in the smoke move from your lungs into the bloodstream.

These chemicals then travel throughout the body, including to the breasts.

Over **20** of these chemicals have been scientifically proven to cause breast cancer.



HOW OFTEN ARE GIRLS EXPOSED TO SECOND-HAND SMOKE?



WHERE ARE GIRLS EXPOSED?

Girls who are exposed to second-hand smoke **daily** say they are exposed:



at or near school **34%**



inside a vehicle **24%**



inside their home **39%**



sidewalk or park **30%**



HOW CAN YOU PROTECT YOURSELF?



Avoid places where you might be exposed to second-hand smoke



Find out where smoking is banned in your community



Talk to your family about making your home and car smoke-free zones



Politely ask people not to smoke around you and your friends

Stay healthy. Avoid second-hand smoke. You have the right to breathe smoke-free air.



Get informed. To learn more about breast cancer and smoking, visit: www.start.ok.ubc.ca

Sources:

1. Canadian Partnership Against Cancer (2012). [Second-hand smoke and cancer.](#)
2. Betts, K. S. (2007). [Secondhand suspicions: Breast cancer and passive smoking.](#)
3. Schwartz et al. (2013). An examination of second-hand cigarette smoke exposure among adolescent girls in Canada (in review).



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