

Test Your Secondhand Smoke "I.Q."

from Yourlunghealth.org

The following statements test what you know about secondhand smoke. Fill out the test by choosing true or false, then press the submit button.

True False

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. There are two forms of secondhand smoke: the smoke that comes from the burning end of a cigarette, cigar, or pipe, and the smoke that is exhaled by smokers. Only the first type is hazardous to your health. |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Secondhand smoke contains more than 4,000 substances. More than 40 of these substances are known to cause cancer in people or animals. |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Exposure to secondhand smoke can cause lung cancer in people who don't smoke. |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Secondhand smoke does not increase the risk of heart disease in nonsmokers. |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. The jury is still out on whether secondhand smoke causes other health problems besides lung cancer and heart disease. |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Children are not susceptible to the harmful effects of secondhand smoke. |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Childhood asthma is made worse by exposure to secondhand smoke. |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Secondhand smoke exposure causes other problems besides asthma in children, especially infants and toddlers. |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Thanks to new laws on the books, most people are now protected from breathing secondhand smoke at work. |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Secondhand smoke is now considered a major cause of preventable death in the United States. |

Question 1 : False is correct.

Answer: Both types of secondhand smoke contain harmful chemicals and other poisonous substances that can hurt nonsmokers and smokers alike.

Question 2: True is correct.

Answer: Secondhand smoke contains more than 4,000 substances. More than 40 of these substances are known to cause cancer in people or animals.

Question 3: True is correct.

Answer: The EPA estimates secondhand smoke leads to about 3,000 lung cancer deaths in nonsmokers every year.

Question 4: False is correct.

Answer: Secondhand smoke is a significant risk factor for heart disease in nonsmokers, responsible for about 35,000 heart disease deaths in people who don't smoke each year.

Question 5: False is correct.

Answer: The poisons in secondhand smoke have been linked to a wide range of illnesses, including cancers of the bladder, breast, and other organs. Secondhand smoke also worsens many pre-existing conditions in adults, such as allergies, asthma, and bronchitis.

Question 6: False is correct.

Answer: Children are the most susceptible to secondhand smoke because they are still developing physically, and because they have higher breathing rates than adults.

Question 7: False is incorrect.

Answer: The EPA estimates secondhand smoke worsens asthma in between 200,000 and 1 million children with the disease. What's more, children who are exposed to secondhand smoke are more likely to develop a new case of asthma as well.

Question 8: True is correct.

Answer: Infants and young children whose parents smoke have more lower respiratory tract infections, including pneumonia and bronchitis. Secondhand smoke causes between 150,000 and 300,000 such infections every year in children under age 18 months, and between 7,500 and 15,000 are so severe they require hospitalization. Children who breathe secondhand smoke also have more ear infections, and infants exposed to secondhand smoke run a higher risk of Sudden Infant Death Syndrome.

Question 9: False is incorrect.

Answer: Your home medical equipment supplier should setup the equipment and provide you with instructions necessary for its safe operation and maintenance. The supplier should be available to answer questions by phone, help you fill out and submit insurance claims, and be available to service the equipment 24 hours a day. Take your time when selecting a home medical equipment supplier, and make sure that all these services are provided.

Question 10: True is correct.

Answer: Secondhand smoke is estimated to cause between 38,000 and 65,000 deaths among nonsmokers every year, making it the third leading cause of preventable death in this country.