

Smoking

Smoking is a leading cause of preventable death and disease worldwide. Smoking greatly increases the risk of suffering from potentially deadly conditions, including a range of cancers, cardiovascular disease and respiratory illness. Breathing in second hand smoke (SHS) can also harm your health.

Both smoking and SHS can have a drastic effect on the lung health of people with cystic fibrosis (CF). Smoking is shown to make chronic lung conditions more severe and increase the risk of respiratory infections.

Second-Hand Smoking (SHS)

SHS is known to have harmful effects on the health of those who do not smoke. SHS includes:

- Exhaled smoke- smoke breathed out by a smoker
- Side stream smoke- smoke that drifts from the end of a burning cigarette, cigar or pipe

Anybody who is regularly exposed to second-hand smoke is at risk for developing the same types of illnesses as those who smoke. SHS affects the respiratory system, central nervous system, immune system, heart, liver, eyes and skin.

People with CF have an even greater risk of complications from SHS exposure as the toxic gases and irritants in SHS can aggravate CF conditions.

Third-Hand Smoking (THS)

This is a relatively new term used to describe the residual contamination from tobacco smoke that lingers in rooms long after smoking stops and remains on our clothes after we leave a smoky place. There is a growing body of evidence that lingering tobacco residue poses significant health risks.

Children of smokers are especially at risk of thirdhand smoke exposure and contamination because tobacco residue is noticeably present in dust throughout places where smoking has occurred. The homes, hair, clothes, and cars of smokers can have significant levels of third-hand smoke contamination.

Some things you can do:

- If you smoke, seek help immediately to quit

- Insist on keeping your own home and car completely smoke-free.
- If you have friends or family members who smoke, ask them not to smoke around you or your child with CF.
- Explain the extent of the problems that SHS and THS can cause, and ask your friends and family for their cooperation.
- If your family and friends are sceptical or don't understand, enlist the help of your CF Care Centre team and ask them to write a letter about the dangers of SHS/THS.

If you have a child with CF it is particularly important that you seek help to quit. Young people and adults with CF need to understand the implications smoking will have on their health. Smoking may even disqualify patients for lung transplant. If you would like extra support or information, please see our links below:

Useful Resources

- Quit Smoking www.cancerwa.asn.au/prevention/tobacco/quitsmoking
- Cancer Council www.cancerwa.asn.au/prevention/tobacco
- Smarter Than Smoking www.smarterthansmoking.org.au
- Third-hand smoking Information www.no-smoke.org/learnmore.php?id=671

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