

The dangers of mainstream and secondhand smoke

Cigarrest smoke-free campaign guaranteed to help stop smoking.

Each day, thousands of children under the age of 18 in the United States light up their first cigarette, according to statistics compiled by the American Cancer Society and backed by Cigarrest. That means that more than 1 million under-18 Americans will start smoking in 2008. One third of these "new smokers" will eventually die due to smoking-related issues. The statistics are astounding. They emphasize the need for anti-smoking education at every grade level in every elementary school, jr. high school and of course high school. There is no better time than right now to teach kids about the dangers of smoking cigarettes.

Facts about children and cigarette use.

89% of people try a cigarette by the age of 18. 70% of under-age smokers say they would never have started if given the chance to start-over. Cigarrest reports that tobacco is responsible for nearly one in five deaths in the USA each year. And, it is the largest cause of preventable death. Each year, over 400,000 people die from smoking related diseases. This is more than from alcohol, murder, suicide, car accidents and Aids combined. Quitting smoking is not easy but it can be done. Cigarrest has a guaranteed program designed to help people stop smoking for good.

When you stop smoking the following happens to your body:

1. Within 20 minutes of stopping your heart rate and blood pressure will drop.
2. Within 12 hours of stopping the carbon monoxide level in your blood drops to normal.
3. In just 2 weeks your circulation can improve and your lung function increases.
4. In as short as 1 month, coughing and shortness of breath decrease.
5. One year after you quit smoking the excess risk of coronary heart disease is half of that of a smoker's.
6. Five years after you stop smoking, your stroke risk is reduced to that of a nonsmoker.
7. In just 10 years the lung cancer death rate is about half that of a smoker and the risk of cancer decreases.

What about Secondhand Smoke?

Secondhand smoke, also known as environmental tobacco smoke (ETS) or passive smoke, is a mixture of two forms of smoke from burning tobacco products:

- Sidestream smoke: smoke that comes from the end of a lighted cigarette, pipe, or cigar
- Mainstream smoke: smoke that is exhaled by a smoker

When non-smokers are exposed to second-hand cigarette smoke it is called involuntary

smoking or passive smoking. Non-smokers exposed to secondhand cigarette smoke absorb nicotine and other toxic chemicals just like smokers do. The more secondhand smoke you are exposed to, the higher the level of these harmful chemicals in your body.

Secondhand smoke is a problem because it is estimated that up to 35000 deaths from heart disease can be traced back to people who live with smokers but do not actively smoke themselves. Instead, they are exposed via their partners passively.

Studies show that secondhand smoke may lead to an increase in the risk of breast cancer. Mainstream and secondhand smoke contain over 20 dangerous chemicals that cause breast cancer in test subjects. These same chemicals have been found in breast milk.

Local, state and federal authorities often create policies to govern where smoking can take place. It is becoming more common for public places to be smoke-free.

CigArrest can help smokers protect themselves and their loved ones. Smoking is a difficult process to quit. However, with Cigarrest it can be easier.

Learn more about CigArrest at <http://www.cigarrest.us>

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