

# Effects of Secondhand Smoke

**Fact:** Secondhand smoke – also called environmental tobacco smoke (ETS) is a mixture of the smoke exhaled from a smoker's lungs and the smoke that comes from the burning end of a cigarette, pipe or cigar.

Secondhand smoke can cause the following health problems:

## *In Children:*

- **Low birth weight**
- **Sudden Infant Death Syndrome (SIDS)**
- **Colds and other nose, throat and lung illnesses**
- **Asthma attacks**
- **Pneumonia**
- **Bronchitis**
- **Middle ear infections**

## *In Adults:*

- **Eye and nose irritation**
- **Lung disease**
- **Heart disease**
- **Breast cancer**
- **Emphysema**
- **Chronic coughing, wheezing**
- **Chest discomfort and lowered lung function**