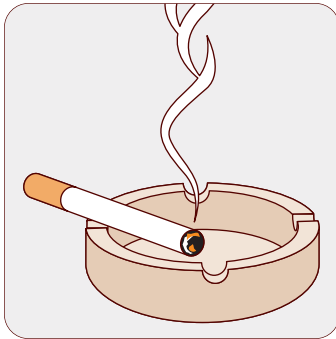


Every day we eat, drink, breathe, and touch chemicals that exist around us. The chemicals can affect our health. Planned Parenthood GREEN CHOICES will give you the information you need to make choices for better health and a greener environment — for yourself, your family, and your community.

## What are firsthand and secondhand smoke?



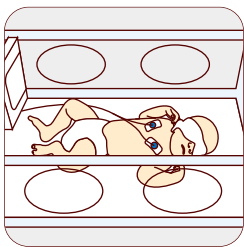
**Firsthand smoke** is the smoke inhaled by a smoker. **Secondhand smoke** is the smoke we inhale when others smoke. It is also called *environmental tobacco smoke*.

There are two kinds of secondhand smoke:

- One is the smoke given off by the burning end of a cigarette, pipe, or cigar. This is called *side-stream smoke*.
- The other is smoke exhaled by the smoker. This is called *mainstream smoke*.

## How can smoke affect my health?

- **When we breathe it in, we breathe in harmful chemicals.**  
They are like the ones in diesel exhaust.
- **Smoke can cause**
  - heart disease
  - cancer
  - breathing problems (like asthma and emphysema)



- **If a pregnant woman breathes in smoke, the baby she has could**
  - be very small at birth (low birthweight)
  - have breathing and lung problems (like asthma)

- have middle ear infections
- get harmful chemicals from her breast milk
- die from sudden infant death syndrome (SIDS)

## What can I do to avoid these health problems?

**You can prevent many health problems if you avoid smoke.**

- If you smoke tobacco, quit or reduce how much you are smoking.
- Ask other people not to smoke in your home or car.
- Choose smoke-free restaurants, schools, day-care, and businesses.
- Support the passage of smoke-free laws where you live.
- Help people who are trying to quit smoking.
- For more information, go to <http://no-smoke.org>



## How can I quit smoking?

**It's not easy to quit smoking.** Most people need help. You can ask your health care provider, friends, or family what you need to do to quit smoking. While you are trying to quit, it's a good idea to:

- Exercise.
- Hang out with non-smokers.
- Keep a list of reasons you want to quit and look at it often.
- Breathe deeply and try to stay relaxed.
- Save the money you would have spent on cigarettes to buy something you really want.
- For more ideas to help you quit, go to [www.smokefree.gov](http://www.smokefree.gov)