

## Prevention

### Children have to be protected from smoke exposure

- No smoking in apartments or in cars to protect children from negative effects of smoke exposure
- No smoke exposure for pregnant women
- Detailed information for children and adolescents about possible dangers of tobacco exposure
- No smoking in the presence of children in private or public spaces in order to set a good example
- No toy cigarettes
- Convince children that not smoking is really cool

## Further informations

- [www.aerzteinitiative.at/\\_Kinder\\_1.htm](http://www.aerzteinitiative.at/_Kinder_1.htm)
- [www.besmart.at/asp/default.asp](http://www.besmart.at/asp/default.asp)
- [www.at-schweiz.ch/zielnichtrauchen/](http://www.at-schweiz.ch/zielnichtrauchen/)
- Österreichische Krebshilfe
- Schweizer Krebsliga

## Tobacco exposure during childhood

### Information for parents



**For your sake**  
I keep my hands off smoking

## Facts and figures

### Content of tobacco smoke

- 40 carcinogenic agents: cause lung cancer
- nicotine: causes cardiocirculatory and neurologic diseases
- irritant gases such as ammonia: cause chronic coughing
- Carbon monoxide: reduces oxygen concentration of the blood
- Particulate matter: carrier of radioactive substances

### Smoking habits in childhood

- 21% of all smokers start smoking between 13 and 15 years of age
- Persons, who start smoking between the ages of 13 and 19 and who continue smoking for two decades, die 7-12 years earlier than nonsmokers
- 80% of smokers' children start smoking themselves
- Occasional smokers also suffer negative effects
- Chewing tobacco or smoking water-pipes is equally harmful as smoking cigarettes

## Parents are responsible for protecting their children from smoke exposure

### Smoking during pregnancy

- Increased risk of premature birth
- Lower birth-weight
- Delayed maturation of the lungs
- Increased risk of sudden infant death
- Increased risk of asthma after birth

### Effects of smoke exposure for children

- The younger the child the higher the risks
- Significantly reduced lung function
- More frequent episodes of bronchitis
- Increased risk of developing bronchial asthma
- Increased risk of inflammation of the middle ear
- Reduced oxygen supply to the heart
- Increased risk of clotting of blood