



Making your home smoke free is perhaps one of the most important things you can do for your family, friends and pets.

Pets can develop serious health problems related to second-hand smoke. In the U.S. alone, second-hand smoke is responsible each year for:

- Pets living with heavy smokers suffer from similar respiratory and cardiac symptoms as the smokers themselves.
- Cats exposed to any second-hand smoke have more than double the risk of malignant lymphoma, a common cancer in domestic cats. If cats are exposed for five years or more, the risk increases even further.
- Dogs in smoking households have a greater risk of suffering from lung cancer.

Non-smokers (our loved ones) receive the following equivalents of cigarette smoking, according to Katherine Hammond, Ph.D., University of California at Berkeley's School of Public Health:

- 1.5 cigarettes = Sitting in the non-smoking section of a restaurant
- 3 cigarettes = Living in a pack-a-day smoker's home
- 4 cigarettes = Sitting in a smoky bar for two hours
- 4 cigarettes = Riding in a car one hour with a smoker

New Evidence that Second-hand Smoke Harms Pets

Excerpts from: **SMOKER'S PET** -- By **JULIA SZABO**, *New York Post* 03/07/04

Of all the compelling reasons to quit smoking, this one should make pet lovers sit up and take notice: there's ample scientific evidence to suggest that secondhand cigarette smoke can cause cancer in companion animals.

And your furry friends don't just inhale smoke; the smoke particles are also trapped in their fur and ingested when they groom themselves with their tongues. A study published in the *American Journal of Epidemiology* found that dogs in smoking households had a 60 percent greater risk of lung cancer; a different study published in the same journal showed that long-nosed dogs, such as collies or greyhounds, were twice as likely to develop nasal cancer if they lived with smokers.

And in yet another study, vets from Tufts University found that cats whose owners smoked were three times as likely to develop lymphoma, the most common feline cancer.

So - short of kicking the habit - Garnant and her husband take three of the cats to the vet at least twice a year for checkups; the fourth, Barney, goes every three months.

Quit Now! Quit Right!™

45 million smokers have quit smoking in the past decade. You can too!

Help yourself. Help your loved ones with Smoke Free Society's 1-2-3 Quit:

- 1) **Preparation** – Preparing and creating a new mindset conducive to quitting.
- 2) **Quitting** – Gradually reducing the brain's need for nicotine to help you quit smoking in just 17 days and helping reduce the severity of the withdrawal symptoms.
- 3) **Support** – A support system designed to further help you with your quit and answer any questions you may have one-on-one with a smoking cessation professional.



A nonprofit organization solely dedicated to helping smokers quit smoking, educating children not to start and promoting a healthy, tobacco-free lifestyle.

www.smokefreesociety.org

Please give generously!