**Webinar**

**Question 1: Is active smoking more harmful than passive smoking?**

In my opinion passive smoking is more dangerous, because side stream smoke from the end of a cigarette, cigar or pipe is unfiltered. It has more harmful toxins than mainstream smoke that someone breathes out. Fluids such as blood and urine in non-smokers might test positive for nicotine, carbon monoxide, and formaldehyde. The longer you’re exposed to second-hand smoke, the greater the risk you are of inhaling these toxic chemicals.

“There are over 7,000 chemicals found in tobacco smoke. In all, at least 69 are cancerous. Over 250 are harmful in other ways.” [World Health Organization (WHO)](http://www.who.int/mediacentre/factsheets/fs339/en/)

**Question 2: What are the effects of passive smoking?**

Passive smoking increases the risk of heart diseases and stroke. Passive smoking makes the blood more ‘sticky’ and likely to clot, thereby leading to increased risk of various health conditions, including heart attacks. Passive smoking is associated with low levels of antioxidants and vitamins in the blood.

**Question 3: Enlist the solution to avoid passive smoking?**

There is no treatment for breathing in second-hand smoke. But there are ways to manage your exposure and treat conditions related to second-hand smoke inhalation.

The best way to avoid exposure is to stay away from areas where people smoke. This means avoiding restaurants and bars where smoking is still permitted.

Open windows and air filters don’t remove all secondhand smoke. But they may help a little by lowering some of the toxins found in burning tobacco. It’s okay to ask people not to smoke in your car or in your home.