

INTERNATIONAL EXPERTS UNDERLINE THE IMPORTANCE OF 100% SMOKEFREE LEGISLATION AROUND THE WORLD

“Secondhand smoke exposes you to the same compounds as active smoking, and the time of exposure can actually be longer: if you smoke a cigarette, you are exposed for ten minutes; if you are sitting in bar, you could be exposed for several hours. Experimental studies show that if you give a nonsmoker secondhand smoke, you can show activation of blood platelets; you can show disruption of blood vessel function within minutes of exposure. And some of these effects last for an hour or many hours after exposure.”

**Neal L. Benowitz, MD, Director of the Flight Attendant Medical Research Institute
Bland Lane Center of Excellence on Secondhand Smoke at University of California
at San Francisco**

“The scientific evidence is irrefutable and there is no doubt that someone who lives, works, or studies with a smoker in closed space can develop the same type of illness as the ones developed among individuals consuming tobacco. And the only way to avoid the harmful effects is not ventilation, or separation of smoking and nonsmoking areas, but the prohibition of smoking in all closed-off areas.”

Eduardo Bianco, President, Tobacco Epidemic Research Center of Uruguay (CIET)

“Tobacco is among the world’s most important risk factors for cardiovascular disease, but many people do not recognize it. Getting people with heart disease to stop smoking and avoid exposure to secondhand smoke improves outcomes as much or more than any single medical treatment that we can offer.”

Sidney C. Smith, Jr. M.D, President Elect, World Heart Federation

“The bottom line is that we were able to find a causal association generally between secondhand smoke exposure and cardiovascular disease . . . and that we could be confident that smoking bans do actually lead to a reduction in heart attacks among nonsmokers.”

**Lynn R. Goldman, MD, Johns Hopkins University, Chair of the committee that
prepared the 2009 IOM Report Secondhand Smoke: The Cardiovascular Effects.**

“Smoking and exposure to secondhand smoke endangers the health of 900 million people in China. Even light smokers double their risk of myocardial infarction. If we ban smoking in public places and actively promote quitting, within a year we could expect a dramatic reduction in heart attacks.”

Hu Dayi, President, Society of Cardiology of the Chinese Medical Association