

# PASIVNÍ KOUŘENÍ A ZDRAVÍ

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# PASIVNÍ KOUŘENÍ

- Pasivní kouření – secondhand smoke, SHS
- Thirdhand smoke, THS – látky, které ulpí na površích, mohou vytvářet sekundární emise
- ETS – environmental tobacco smoke, tabákový kouř v prostředí
- = směs hlavního proudu kouře (main stream, MS) + vedlejšího proudu kouře (side stream, SS)

Islandský plakát o pasivním kouření: „močící koutek“ a „prostor bez moči“



# ÞETTA MUNDIR ÞÚ EKKI SÆTTA ÞIG VIÐ

Við höfnum menguðu baðvatni - eigum við að sætta okkur við óhreint andrúmsloft?  
Tóbaksreykur veidur vanlíðan og eykur hættu á lungnakrabbameini,  
astma, hjartasjúkdómum, eyrnabólgu og fleiri sjúkdómum.

**REYKLAUST - NÆGIR NOKKUD MINNA**



# PM: PASIVNÍ KOUŘENÍ ŠKODÍ STEJNĚ JAKO 3 SUŠENKY DENNĚ

## Is everything bad for us? Or are we getting things out of proportion?

Almost every day, it seems that one thing or another has been discovered to be some kind of health risk.

In one scientific study, even the ordinary biscuit was linked to heart disease.

But as common sense suggests (and scientists confirm) not everything described statistically as a risk is a meaningful risk.

For example, lots of people have been persuaded that second-hand tobacco smoke is harmful. Not surprising, perhaps.

After all, we recognise that smoking itself is a risk factor for certain human diseases and that some people find second-hand tobacco smoke unappealing and unpleasant.

But what about second-hand tobacco smoke? Is it really a meaningful health risk to people who've chosen not to smoke?

Not, we think, if you look at the evidence.

The United States Environmental Protection Agency recently conducted a major review of studies on the risks of second-hand tobacco smoke to non-smokers. These studies typically involve non-smokers living with smokers over a long period, such as 20 years.



And this review put the risk of lung cancer from second-hand tobacco smoke at a level well below the risk reported by other studies for many everyday items and activities.

And below, in fact, the risk to health that one other study reported for eating one biscuit a day.

As the table below shows, many everyday activities have been statistically associated at one time or another with apparent risks to health.

But reputable scientists say that weak associations aren't necessarily meaningful.

So there's no big campaign to persuade you to give up your daily biscuit.

Nor is there any sound justification for a campaign against second-hand tobacco smoke.

If you'd like to decide for yourself, please write to us at Philip Morris Europe S.A., c/o P.O. Box 107, 1000 AC Amsterdam, The Netherlands or fax us on 00 31 20 671 98 83.

We'll send you the evidence about second-hand smoke.

We believe you'll find the case convincing.

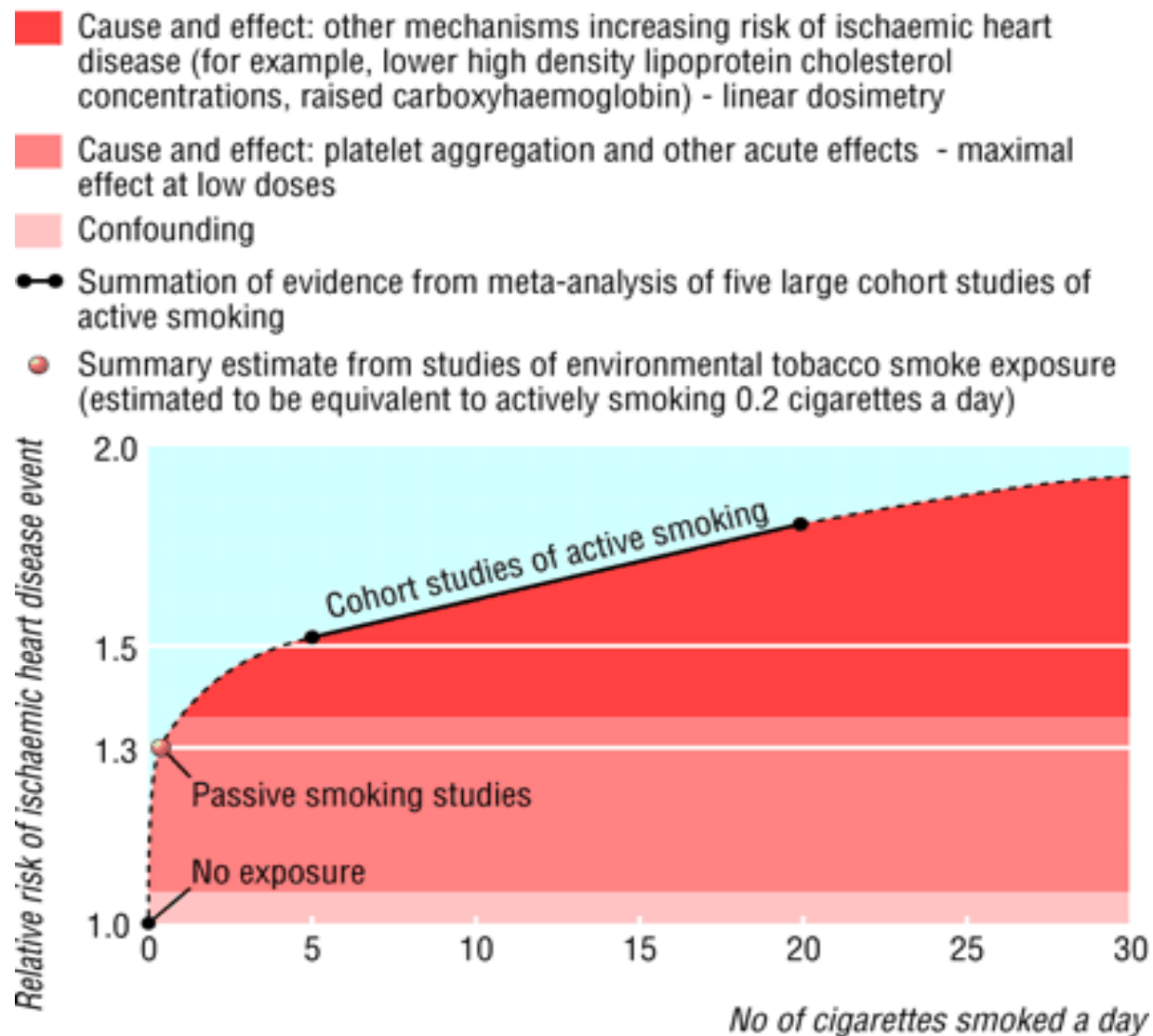
Everyday Activity	Reported Relative Risk*	Reported Health Effect	Scientific Study Reference
Diet highest in saturated fat	6.14	Long cancer	Journal of the National Cancer Institute, Vol. 83, p.1300 (1992)
Non-vegetarian v vegetarian diet	3.08	Heart disease	American Journal of Clinical Nutrition, Vol. 31, p. 839 (1979)
Frequently cooking with reprocessed oil	2.80	Long cancer	International Journal of Cancer, Vol. 40, p. 804 (1987)
Drinking 1-2 glasses of whole milk per day	1.82	Long cancer	International Journal of Cancer, Vol. 43, p. 608 (1989)
Eating one biscuit a day	1.49	Heart disease	Lancet, Vol. 341, p. 861 (1993)
Drinking chlorinated water	1.38	Breast cancer	American Journal of Public Health, Vol. 82, p. 958 (1992)
Eating pepper frequently	1.30	Mortality	American Journal of Epidemiology, Vol. 119, p. 775 (1994)
Exposure to second-hand tobacco smoke	1.19	Long cancer	U.S. Environmental Protection Agency (1992)
High vegetable diet	0.57	Long cancer	International Journal of Epidemiology, Vol. 25, Suppl. 1, p. 32 (1996)
High fruit diet	0.31	Long cancer	American Journal of Epidemiology, Vol. 133, p. 683 (1991)

\*Relative risk measures how much consuming, or being exposed to something, raises or lowers risk.

**Philip Morris Europe S.A.**

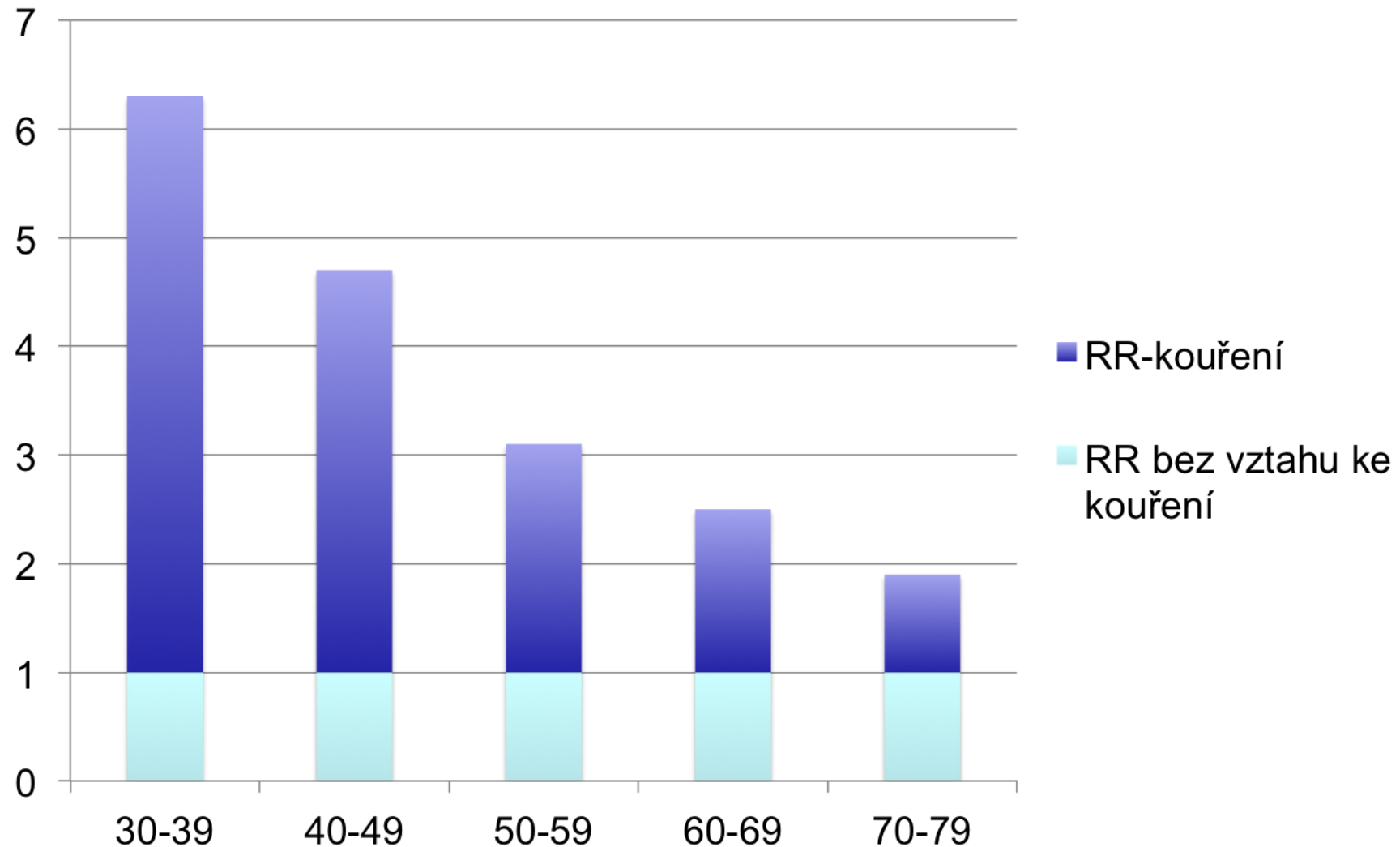
Second-hand tobacco smoke. Let's keep a sense of perspective.

# KV RIZIKO ZVYŠUJE I MINIMÁLNÍ DÁVKA KOUŘE VČETNĚ KOUŘENÍ PASIVNÍHO



Law MR, Wald NJ.  
Environmental tobacco  
smoke and ischemic heart  
disease. Prog Cardiovasc  
Dis 2003;46: 31-8

# RR IM PODLE VĚKU A KOUŘENÍ



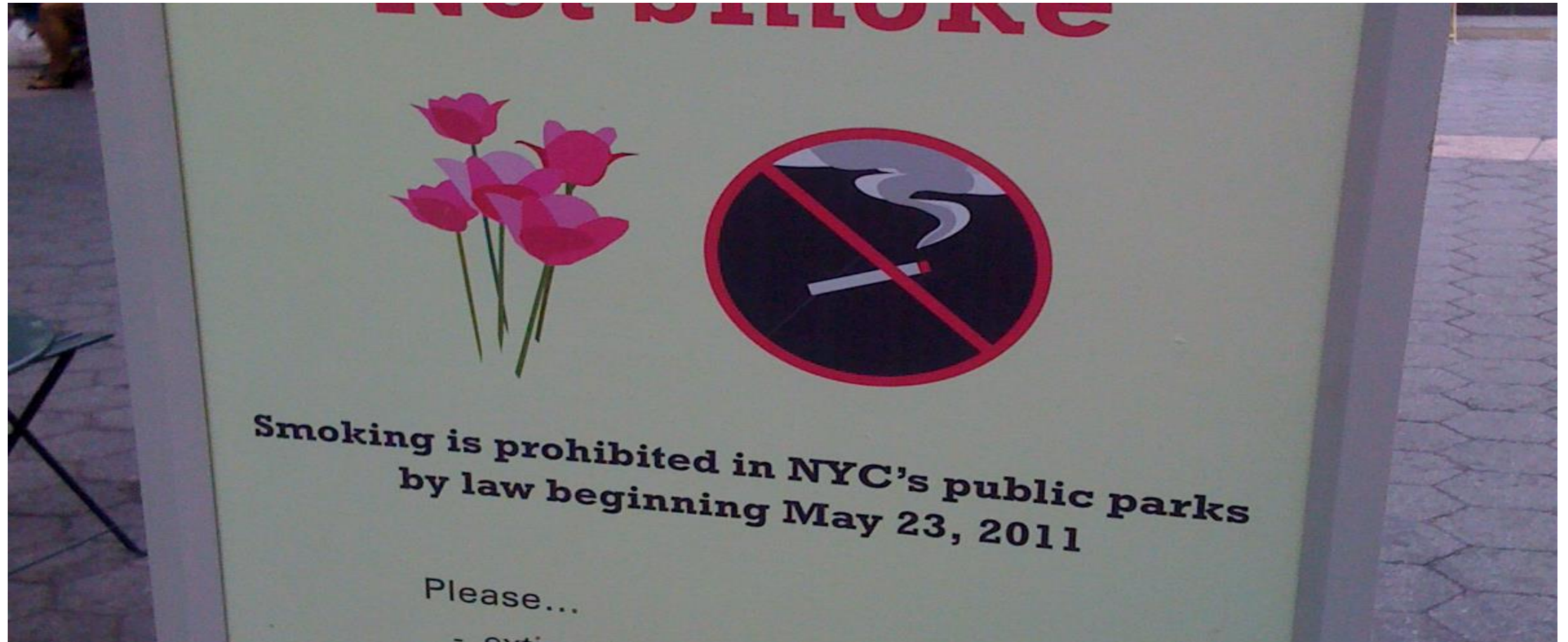
Parish S, Collins R, Peto R, Youngman L, Barton J, Jayne K, Clarke R, Appleby P, Lyon V, Cederholm-Williams S, et al. Cigarette smoking, tar yields, and non-fatal myocardial infarction: 14,000 cases and 32,000 controls in the United Kingdom. The International Studies of Infarct Survival (ISIS) Collaborators. *BMJ* 1995 Aug 19;311(7003):471-7.



# ŽÁDNÁ VENTILACE NEZAJISTÍ NETOXICKÉ PROSTŘEDÍ



NEW YORK, cca 9 % populace kouří





# CENTRAL PARK, NY (nekuřácký od 2011)



# IARC – MEZINÁRODNÍ AGENTURA PRO VÝZKUM RAKOVINY WHO

tabákový kouř = kancerogen třídy 1  
= kategorie prokázaný lidský kancerogen  
(2004)

The screenshot displays the IARC website homepage. At the top, there is a navigation menu with links for HOME, MEDIA CENTRE, RESEARCH, PUBLICATIONS, TRAINING, EVENTS, JOBS & CAREERS, and MORE. Below the navigation is the IARC logo and the World Health Organization logo. The main content area features several news articles:

- NEWS**: IARC marks European Week Against Cancer. 12 WAYS TO REDUCE YOUR CANCER RISK. 28.05.2019. MORE
- NEWS**: Sixty-first Session of the IARC Governing Council. 20.05.2019. MORE
- JUST PUBLISHED**: 27 May 2019. Circulating sex hormone levels and colorectal cancer risk in Japanese postmenopausal women: The JPHC nested case-control study. 20.05.2019. MORE
- JUST PUBLISHED**: 27 May 2019. Cross-talk of cutaneous beta human papillomaviruses and the immune system: determinants of disease penetrance. 24 May 2019. SHOW ALL
- NEWS**: Promising urine DNA test could facilitate detection of urothelial cancer. 20.05.2019. MORE
- NEWS**: New IARC study finds rising rates of colorectal cancer in younger people. 17.05.2019. MORE

At the bottom of the page, there is a blue button labeled "SUPPORT IARC RESEARCH" and a search bar with "FR" and "SEARCH" options.



Zákaz kouření pro řidiče  
v Československu platil  
před 2. světovou válkou



IRSKO, 2004

# No Smoking

It is illegal to smoke in these premises

Proprietor: .....

Please notify  
complaints to: .....



**Maximum Fine €3000 – Public Health (Tobacco) Acts**

# DÍKY ZA POZORNOST

## Eva Králíková

za tým Centra pro závislé na tabáku  
III. interní kliniky 1. LF UK a VFN v Praze



[WWW.SLZT.CZ](http://WWW.SLZT.CZ)