

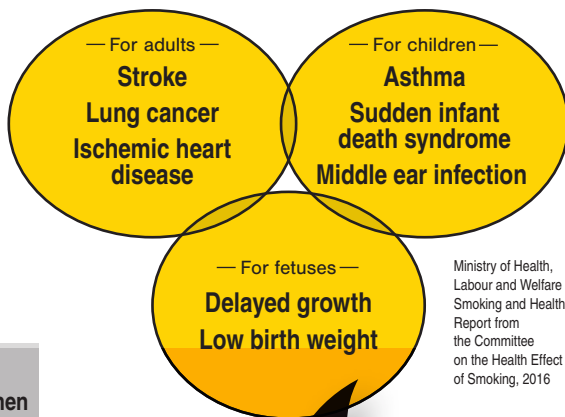
When you smoke,

# the smoke is more harmful to your family than it is to you!

The causal link between passive smoking and disease is scientifically clear. The cigarettes you smoke hurt not only you, but more than that, your family and others around you.

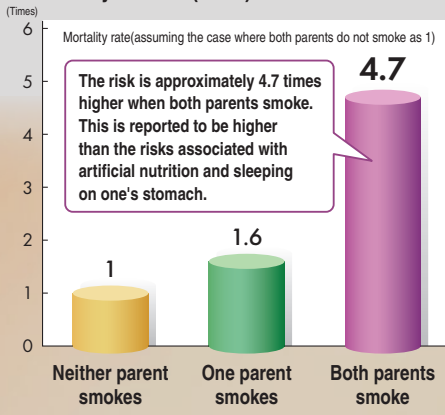
For the sake of your own health as well as the health of those around you, quit smoking now.

## Diseases caused by passive smoking (examples)



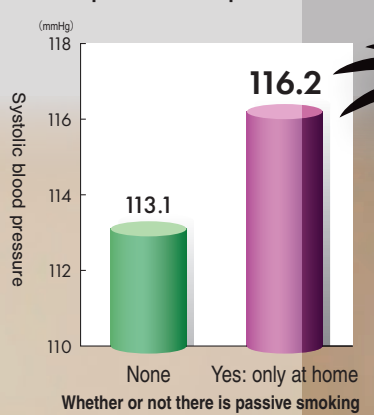
Ministry of Health, Labour and Welfare Smoking and Health Report from the Committee on the Health Effect of Smoking, 2016

### Parental smoking and risk of sudden infant death syndrome (SIDS)



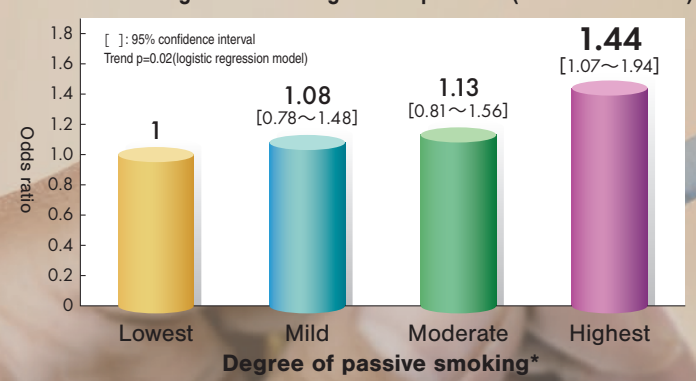
Ministry of Health and Welfare, Research on Mental and Physical Disorders, 1998 Study on Childcare Environment Factors of Sudden Infant Death Syndrome

### Passive smoking and the risk of blood pressure in Japanese women



Methods: Investigation of the association between passive smoking and blood pressure levels measured at home in 579 nonsmoking Japanese women (aged 35 years or older) (Compiled from Seki, M. et al.: J Hypertens 28(9): 1814, 2010 [L20110418057])

### Passive smoking and risk of cognitive impairment (international data)



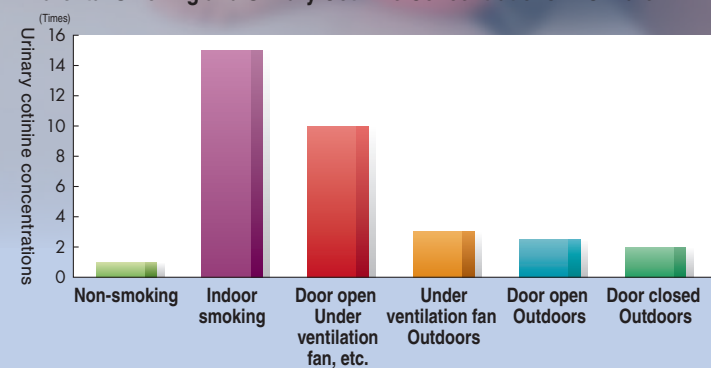
\*The degree of passive smoking is classified into the following four groups according to the concentration of cotinine (a metabolite of nicotine) in saliva 0.0-0.1 ng/mL: lowest, 0.2-0.3 ng/mL: mild, 0.4-0.7 ng/mL: moderate, 0.8-13.5 ng/mL: highest  
Subjects: 4,809 nonsmokers aged 50 years or older  
Methods: Investigation of the association between the degree of passive smoking and cognitive function  
Multivariate analysis (corrected for age, gender, education, sensory perception on examination, ethnicity, work with hands, net worth, smoking history, obesity, alcohol consumption, physical inactivity, and depressive symptoms)  
Compiled from Llewellyn, D. et al.: BMJ 338, b462, 2009

## Mistakes in Smoking Separation

Smoking outside a room with family members, smoking under a ventilation fan, smoking on a balcony... none of these will completely separate smoking.

Nicotine and chemicals soak into clothing and hair, and your breath continues to emit toxins for 45 minutes or more after smoking. The concentration of nicotine in indoor air in a home where family members smoke outdoors can be three times higher, and the concentration of nicotine in children's urine can be seven times higher. In addition, even with air purifiers, only the particulate component of tobacco smoke can be removed, and gaseous substances are released back into the air, leaving more than 90% of the toxic substances in the air unpurified.

### Parental Smoking and Urinary Cotinine Concentrations in Children



Johansson, A. et al.: Pediatrics 113, e291-295, 2004  
(From the collection of slides on smoking and health, produced by the Committee on Tobacco Control and Prevention, formerly the Japanese Society of Internal Medicine Board of Certified Internal Medicine Specialists)