

Mayo Clinic Minute

Thirdhand smoke dangers

Video	Audio
Vivien Williams	Smoking is bad for you. So is secondhand smoke, which is smoke you inhale from someone else's cigarette. And, now, there's thirdhand smoke to worry about, especially for children.
Stephen Kopecky, M.D. Cardiology Mayo Clinic	"And I'll say, 'Do you smoke in the house?' 'Oh, doctor, I would never smoke in the house with the grandkids. I will go outside in 40 degree below weather before I would smoke with the grandkids.' I say, 'That's wonderful, but when you come back in, and they sit on your lap, do they say, grandma, you smell like smoke?' She says, 'Yes.' I say, 'Well, if they smell it, they inhale it. And if they inhale it, they absorb it.'"
Vivien Williams	Dr. Stephen Kopecky says there are about 3,000 chemicals in cigarette smoke, and some you have to inhale. But smoke also produces toxic residue on surfaces, and if you touch it, your body can absorb it. More research needs to be done on the effects of thirdhand smoke, but ...
Stephen Kopecky, M.D.	"You know, everyone's feeling is that if they get those carcinogens on the body, over time, that's going to cause some problems ..."
Vivien Williams	... cancer and damage to blood vessels, which increases your risk of heart attack and stroke. For the Mayo Clinic News Network, I'm Vivien Williams.