



New Research Proves Secondhand Smoke Causes Cardiovascular Damage in Toddlers

Doctors at the Center for Cardiovascular Medicine at Nationwide Children's Hospital and Research Institute in Columbus, Ohio have discovered that toddlers are particularly susceptible to the damaging effects of secondhand smoke.

During a recent study of children ages 2 to 14 years, doctors determined that children exposed to secondhand smoke showed increased markers of inflammation and signs of vascular injury, suggesting an increased risk of heart disease. The youngest children were more affected than teens.



John Bauer, director of the Center for Cardiovascular Medicine at Nationwide Children's Hospital and Research Institute, noted that toddlers experience increased exposure to secondhand smoke as compared to teens because they are connected with their parents more closely than older children. He also noted that toddlers breathe more rapidly and, in turn, inhale more secondhand smoke.

Forty percent of the toddlers tested had nicotine content that in adults would suggest that they were active smokers.

Doctors noted that the best way to eliminate the risk of cardiovascular damage in toddlers is for parents to quit smoking completely. If quitting was not an option, doctors urge parents to refrain from smoking in the presence of children.

Unfortunately in Michigan, toddlers are exposed to the harmful effects of secondhand smoke even if their parents and caretakers are non-smokers. Children and adults are exposed to the harmful toxins in secondhand smoke at restaurants, bowling alleys and other family recreation facilities. The best way to protect Michigan's children is to make all Michigan businesses smokefree, including restaurants and recreation facilities.