

Passive Smoking



The term "passive smoking" refers to the inhalation of smoke from the environment. In particular, a passive smoker "is smoking" up to **5 cigarettes** per day in an office with smokers, **4 cigarettes** if he/she stays in a coffee shop for 2 hours and 1 cigarette if he/she stands behind someone who is already smoking in an open place.

Moreover, **3.000 people** are dying from lung cancer each year, when they are living in a smoking environment.

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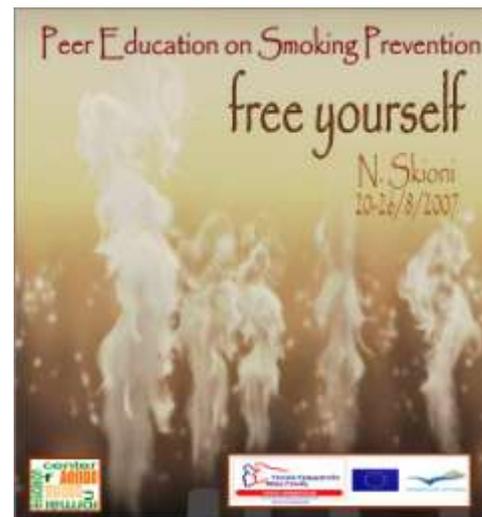
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The main objective of NGO AENAO is to develop programs concerning physical and mental health promotion at national and international level.

The target groups of these programs are children, adolescents, as well as adults.

AENAO's philosophy is based on learning by participation and on informal training, techniques which can help people to progress sentimentally, cognitively and behaviorally.



Contact details

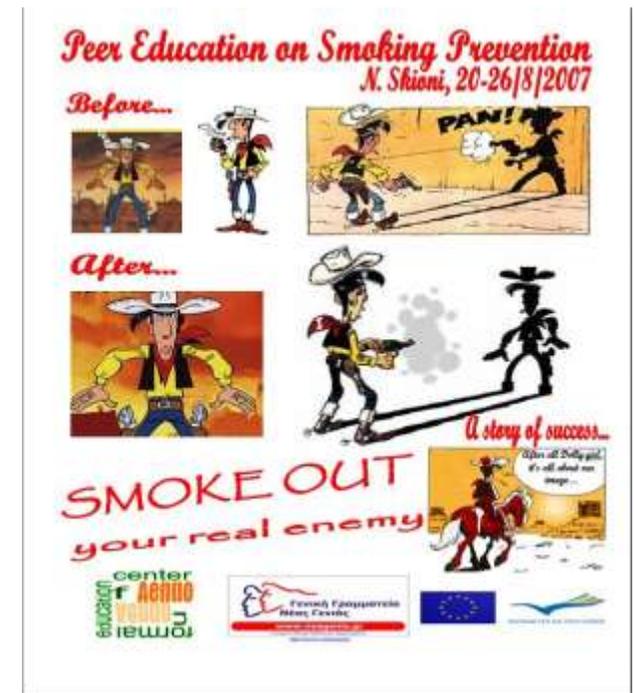
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The project

"Peer Education on smoking prevention" was funded by the **Youth in Action** program (Action 3.1).

The intervention aims to motivate youth on smoking prevention. Young people from different European countries will act as multipliers in their organizations.





Statistics

THE TRUTH ABOUT SMOKING

Every day **2000** adolescents start smoking.

1/5 students states having smoked his/her first cigarette before becoming **13 years old**.

According to the W.H.O. (2004), in our country **13.8%** of adolescents aged **12-15 years old** stated that they systematically smoke.

Anatomy of a cigarette



Smoke contains more than 4.000 chemical substances, most of which are toxic (poisons) and several of them (at least 43) are directly related to cancer.

Nicotine is the substance of the smoke, which is considered to be responsible for the massive expansion of smoking worldwide. The expansion is taking place because of the dependency that nicotine creates.

Dependency is provoked by a variety of psychotropic substances which



affects the perception, the will and the behavior of the smoke-user.

Consequences of smoking

Smoking is related to a number of serious diseases, such as lung cancer, larynx and mouth cancer, bronchial asthma, heart attack, cardiopathy, stroke and CRP.

Furthermore, smoking has also short-term consequences, like:

- ✓ Bad scent on clothes and hair
- ✓ Permanent **maculation** of teeth and fingers
- ✓ Bad breath
- ✓ Cough
- ✓ Tar concentration in brunches
- ✓ Dehydration of the skin
- ✓ Fertility problems
- ✓ Especially for pregnant women there is an increased possibility for:
 - ✓ Miscarriage
 - ✓ Cast
 - ✓ Learning difficulties and concentration problems
 - ✓ Genetic abnormalities



