



Smoking

What does this mean for my child with cystic fibrosis?

The side effects of second-hand smoke are harmful to children with cystic fibrosis.

- The combination of smoking and second-hand smoking damages lung tissue and reduces lung function.
- Smoking and second-hand smoking has proven to make lung conditions more severe and increase the risk of infection.

Second-Hand Smoking is.....

- Sometimes known as passive smoking.
- Exhaled smoke which the smoker breaths out
- Side stream smoke, which drifts from the end of a cigarette.

Second-hand smoke contains toxins that babies and children can breathe in. Children most commonly encounter second-hand smoke when their parents, family and family friends' smoke.

Third-Hand Smoking is.....

- Smoke that has been left behind after smoking stops.
- Third-hand smoke lands and stays on surfaces in rooms and clothes.

This means babies and children are still exposed to harmful toxins from cigarettes even after adults have finished smoking. Homes, hair, clothes, and cars of smokers can have high levels of third-hand smoke contamination.



Second-hand smoke and third-hand smoke are dangerous, especially for babies and children with cystic fibrosis.

Side effects include:

- making it harder to breathe
- increases risk of infection
- irritation to nose and lungs
- harder for a child with CF to grow and maintain a healthy weight because extra calories are needed to breathe.

Some things you can do:

- if you smoke, seek help to quit
- avoid homes and other places where people smoke
- make sure that anyone caring for your child with CF does not smoke even in their own home or car
- explain the problems associated with second and third-hand smoke to family and friends
- if family and friends don't understand contact the CF clinic for support.

If you have a child with cystic fibrosis it is particularly important that you seek help to quit.

- <http://www.cancer.org.au/preventing-cancer/reduce-your-risk/quit-smoking.html>
- Quitline (137848, 08:00am to 09:00pm, 7 days)



My QuitBuddy app

References

CF Fact Sheet – Smoking www.cfwa.org.au

Cystic Fibrosis.com Reviewed by: [HU Medical Review Board](#) Last updated: February 2021 How Does Smoking & Secondhand Smoke Impact People with Cystic Fibrosis

Gibbs, K., Collaco, J.M., & McGrath-Morrow, S.A. (2016). Impact of tobacco smoke and nicotine exposure on lung development. *Chest*, 149(2), 552-561. doi: 10.1378/chest.15-1858.

Samet, J.M., & Sockrider, M. (2018) *Secondhand smoke exposure: Effects in children*. UpToDate. Retrieved 2 March 2021 from <https://www.uptodate.com/contents/secondhand-smoke-exposure-effects-in-children>.



To learn more about Cystic Fibrosis Queensland,
phone 07 3359 8000 or email admin@cfqld.org.au

