

Passive smoking

In accordance with the 'prevention of passive smoking' and the 'control of passive smoking' in the revised Health Promotion Law, an environmental arrangement has been carried out in stages, in order to avoid the 'unwanted passive smoking', in which, 'smoking is banned on campus' in Tokyo University of Foreign Studies. However, smoking is accepted where there are designated smoking areas.

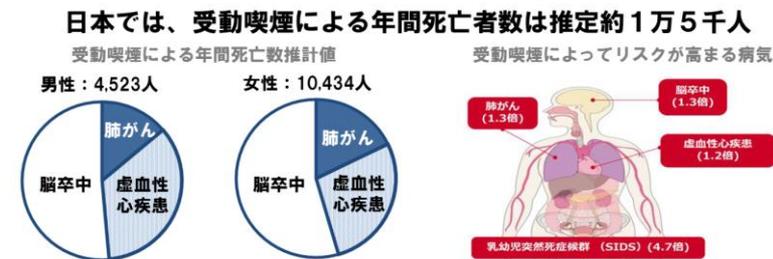
Cigarette smoke is classified into three types; 'mainstream smoke' which is inhaled by smoker, 'secondhand smoke' which comes from the tip of the cigarette, and 'exhaled smoke' which is exhaled by smoker after breathing in mainstream smoke. 'Passive smoking' is the inhalation of 'secondhand' and 'exhaled' smoke when one has no intention to.

Cigarette smoke includes more than two hundred toxic substances, such as 'nicotine' which affects autonomic nervous systems which influences the sympathetic nerves and parasympathetic nervous system, 'radical oxygen' which has strong oxidizing actions and promotes arteriosclerosis, 'carbon monoxide' which decreases oxygen transport function and 'carcinogens', such as benzopyrene, dioxin, cadmium and formaldehyde.

Recent studies have shown that passive smoking increases the risk of cancer, ischemic heart disease and cerebral stroke.

We would like to encourage smokers to quit smoking. Health insurance systems cover the treatment for nicotine dependence at a medical clinic.

If you have any questions, please visit Health Care Center, TUFs.



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「喫煙と健康 喫煙の健康影響に関する検討会報告書」(国立がん研究センターがん情報サービス)