

HEALTH EFFECTS

OF SECONDHAND AND THIRDHAND SMOKE
ON MUSICIANS' AND ENTERTAINERS' HEALTH

Secondhand smoke

levels in smoke-filled bars, clubs, and casinos are significantly (400-600 percent) higher compared to offices.

Musicians and other entertainers breathe in an excess of secondhand smoke, which puts them at a higher risk for health complications like eye, ear, nose, and throat issues, or long-term health risks including heart disease and cancer.

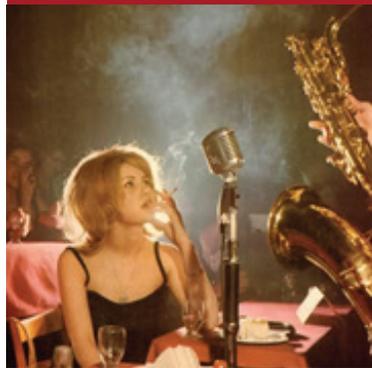
For every ½ hour a musician performs in a smoky venue, he or she has smoked the equivalent of one cigarette.

For a two-hour gig, that's 4 cigarettes!

Performing in a smoke-filled venue irritates vocal chords, eyes, nose, and ears, making it difficult to give your best performance as well as compromising your health and well-being.



Musicians' EXPOSURE to these toxins is DRAMATICALLY HIGHER than most other workers.



Secondhand Smoke and Your Vision

Both smoking and secondhand smoke have long been known to cause heart disease and lung cancer. However, many people don't realize that these can also lead to vision loss.

Studies show smoking and secondhand smoke increase the risk of age-related macular degeneration (AMD, one of the most common causes of blindness), cataracts, glaucoma, diabetic retinopathy, and dry eye syndrome, particularly for contact lens wearers.

Secondhand Smoke and Your Hearing

Some constituents of secondhand smoke, including nicotine, are "ototoxic," meaning that they can impair your hearing, cause tinnitus, or affect your balance. Studies have shown clear correlations between hearing loss (especially in low-frequency hearing) and secondhand smoke exposure.

SECONDHAND SMOKE

contains **CANCER-CAUSING SUBSTANCES & TOXIC CHEMICALS**, including:

ammonia, mercury, lead, formaldehyde, benzene, hydrogen cyanide, & toluene.

Secondhand smoke contains toxic airborne particles, which come from the burning end of a cigarette, cigar, pipe, or electronic cigarette. It is also the exhaled smoke that smokers breathe out. **Thirdhand smoke** is the invisible "dust" of more than 250 chemicals that settles on carpets, drapes, and other fabrics—as well as on your guitar or instrument, microphone, amp, keyboard—and lingers well after a cigarette has been put out.



a project of
AMERICAN NONSMOKERS' RIGHTS FOUNDATION

PROVIDING THE SOUNDTRACK
FOR HEALTHY COMMUNITIES

SmokefreeMusicCities.org
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PROTECTING MUSICIANS AND ENTERTAINERS

Smokefree environments prevent exposure to the carcinogens and toxins in secondhand smoke and secondhand aerosol. Twenty-eight states and 1,051 cities have adopted smokefree laws. Major music cities such as Asheville, NC; Austin, TX; Branson, MO; Chicago, IL; Los Angeles, CA; New Orleans, LA; New York City, NY; and more are 100% smokefree cities with thriving economies.

JOIN US

Support the Smokefree Music Cities project by lending your voice to the cause. Help us ask cities to adopt 100% smokefree laws that will protect everyone from exposure to secondhand smoke inside all workplaces, including music venues such as bars, clubs, theaters, and casinos.

TELL US YOUR STORY

at SmokefreeMusicCities.org/contact, and we may feature you on our website. If you are part of an organization, consider adopting a resolution in support of Smokefree Music Cities.



Baton Rouge-based singer-songwriter JST David speaks out in support of Smokefree Air for the health and safety of all musicians.



TERRY STEELE

"As a vocalist, performing in a smokefree environment is essential to sustaining my voice! I have been blessed to have traveled the world, singing in various cities ... It's always a joy to step onto a stage where the air is clean and free of smoke! It's good for our planet – it's good for our lives!"

Terry Steele is a Grammy-Nominated songwriter, a solo artist, and lead vocalist for the group Hiroshima. He wrote "Here and Now," which earned Luther Vandross his first Grammy Award.

[Facebook.com/terry.steele.10](https://www.facebook.com/terry.steele.10)
#terrystelemusic



WHY SMOKEFREE? Smokefree venues help protect musicians and the public from dangerous exposure to secondhand smoke. Smokefree cities provide protection for every worker in every type of workplace.

Smokefree Music Cities is a project of the ANR Foundation in partnership with other public health and musician-affiliated organizations working to improve musicians' health.

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