

## Liberty Hospital Supports Expanded Ordinance

The Smoke Free Liberty campaign in support of an expanded smoke free ordinance gained an important partner.

The Liberty Hospital Board of Directors voted to give its support to the comprehensive smoke free ordinance that goes before Liberty voters November 3rd.

Supporters say the current ordinance doesn't go far enough in providing protections from second hand smoke.

## Raytown Shuts Down Citizen Smoking Ordinance

The Raytown Board of Aldermen on September 8<sup>th</sup> defeated a proposed smoking ordinance.

The ordinance, which was created by a citizen committee, prohibited smoking in public places but it would have exempted some bars and establishments with separate smoking areas.

Raytown is the largest suburban community in the metro without protections from second hand smoke.

## Heart Attack Rates Lower in Smoke Free Communities

Public smoking restrictions appear to significantly reduce the risk of heart attacks, particularly among younger individuals and nonsmokers, according to a new study published in the September 29, 2009, issue of the *Journal of the American College of Cardiology*.

**Researchers at the University of Kansas School of Medicine find that smoking bans can reduce the number of heart attacks by as much as 26 percent per year.**

"Even breathing in low doses of cigarette smoke can increase one's risk of heart attack," said

David Meyers, M.D., M.P.H., professor of Cardiology and Preventive Medicine, University of Kansas School of Medicine and lead investigator of the study, which is the most comprehensive analysis of related studies to date.

"The beneficial effects of smoking bans seems to be rapid," said John Neuberger, DrPH of the University of Kansas School of Medicine. "In one study reported heart attack rates declined within three months."

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## Air Quality Testing in Topeka Shows Hazardous Air in Bars

Indoor air quality testing last month in five Topeka restaurant and bar locations showed unsafe levels of air pollutants in smoking establishments.


"One of the key findings of the testing was the impact of second hand smoke for employees in those establishments," said Gary Caruthers of Clean Air Topeka.

In one bar the report noted that employees were exposed to levels of air pollution more than 6 times higher than safe annual levels established by the U.S. Environmental Protection Agency.

The study was directed by Mark Travers, PhD of the Roswell Park Cancer Institute in New York.

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## Smoking Bans Cut Heart Attack Rates by One-Third

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“Interestingly, public smoking bans had a stronger effect in reducing heart attacks among women and younger individuals, which may be explained, in part, because younger people tend to frequent clubs, restaurants and bars where smoking is a likely part of the social scene,” said Dr. Meyers.

**“Heavily exposed people like those working in the entertainment or hospitality industries are likely to accrue the greatest benefit from smoking bans.”**

Secondhand smoke is thought to increase the likelihood of a

heart attack by making the blood “sticky” and more prone to clotting, reducing the amount of “good” (HDL) cholesterol in the body, and putting individuals at greater risk for dangerous heart rhythms, among other factors.

“Several years ago, the idea that secondhand smoke was harmful to the heart was a theory and one with some controversy attached, but this article moves us from the theoretical to fact and to practice.”

**“Public smoking bans seem**

**to be tremendously effective in reducing heart attack** and, theoretically, might also help to prevent lung cancer and emphysema, diseases that develop much more slowly than heart attacks. The cardiac benefits increased with longer duration,” Meyers said.

These findings are particularly important in light of **mounting evidence that second-hand smoke exposure is nearly as harmful to the heart as chronic active smoking.**

Direct smoking doubles the risk of heart attack. Second hand smoke increases the risk by 30 percent.