Second-Hand Smoke Affects Pets Too!

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Learning Objectives

After active engagement with this session, you will be better able to:

• Encourage pet owners to alter smoking behaviour around their animals.

• Identify the pet as a motivator to quit smoking.

• Offer alternate activities for pet-owning smokers.
Smoking is Highly Addictive
Smoking is Toxic
This is not news to any smoker.
Passive Smoke is Toxic to Pets
Pets are at greater risk from passive smoke than humans.

- Spend more time in the home.
- Closer to carpet.
- Nicotine concentrates in hair.
- Causes ongoing cell damage.
Passive Smoke

• Cats:
  – Oral squamous cell carcinoma
  – Lymphoma
  – Mammary cancer
Passive Smoke

• Dogs:
  – Atopic dermatitis
  – Increased weight gain after castration.
Passive Smoke

• Brachycephalic dogs:
  – Lung cancer
Passive Smoke

- Dolichocephalic dogs:
  - Nasal cancer
Passive Smoke

- Birds are very susceptible to environmental pollutants.
Can a pet help their person quit smoking?

• For their pets, of smokers:
  - 28.4% would try to quit
  - 8.7% would ask others in home to quit
  - 14.2% would ask others to smoke outside

• For their pets, of non-smokers
  - 16.4% would ask others in home to quit
  - 24.2% would ask others to smoke outside

Milberger 2009
Pets’ role in quitting smoking is an example of zooeyia.
Zooeyia

“zoo” = animal
“eyia” = health

• The profound & positive effect pets can have on human health.

Hodgson 2011
Zooeyia

• Pets can be sources of social capital.
• Pets can be motivators of healthy lifestyle choices.
• Pets can be catalysts for harm reduction.
• Pets can be a therapeutic intervention to treat illness.

Hodgson 2015
Builders of Social Capital

• Pets have a ripple effect on social interactions.
Builders of Social Capital

• Pets reduce loneliness. They are steadfast companions.

Sable 1995
 Builders of Social Capital

• Pets facilitate social contact.

Putnam 1995
Builders of Social Capital

• Pets encourage the give and take among neighbours that builds a sense of community.

• Pet owners are more civically engaged than non-pet owners.

Brown 2006
Motivators of Healthy Behaviour Change

• Pets can motivate positive and healthy behaviour change.

• Dogs are consistent and enthusiastic proponents of physical activity – more effective than a human exercise buddy.

Brown 2006
Motivators of Healthy Behaviour Change

- Pets can encourage regular eating patterns.

Staats 1999
Motivators of Healthy Behaviour Change

Pets can stimulate activities of daily living – especially important in the elderly.