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Comparison of Health-Related Components in Active and Passive Smokers

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Objectives: Smoking is an important global health problem. The aim of our study was to compare the effects of active and passive smoking on respiratory muscle strength, functional capacity, balance, quality of life and level of physical activity in young adults.

Methods: Respiratory muscle strength was assessed by MicroRPM®. Functional capacity was evaluated 6 Minute Walk Test. Chest circumference measurement was assessed a non-elastic measuring tape. The Flamingo Balance Test, SF-12 and IPAQ were used for balance, quality of life and physical activity level evaluations.

Results: Healthy young individuals who are regularly exposed to secondhand smoke were found to have higher heart rate and higher blood pressure ($p=0.01$; $p=0.03$, respectively). On the other hand, maximal inspiratory and expiratory muscle strength values were lower than the active smokers ($p=0.02$; $p=0.01$, respectively).

Conclusion: Passive smoking significantly affects the health-related components such as respiratory muscle strength, heart rate and blood pressure. In order to fight against tobacco and tobacco products better, preventive studies should be carried out not only in closed areas but in all areas where secondhand smoke is present.

Keywords: Tobacco smoking, passive smoking, maximum respiratory pressures, quality of life