



October 15, 2016 – Grand Rapids, MI

## How Long Can Third-Hand Smoke Last?

Researchers were interested in finding out how long the residual particulates and substances last in people who quit smoking and in their environment. They recruited 90 smokers to participate in the study and tested the verified quitters for third-hand smoke pollutants at baseline, one week, and one, three, and six months after they quit.

The subjects were tested in two ways: their fingers and their urine were checked for metabolites of third-hand smoke. They also tested the dust in their environment. As you might expect, the bodies of the ex-smokers saw a dramatic decline in smoking metabolites below baseline. However, the dust in the environment containing the particulates from third-hand smoke did not decline after baseline, even six months after they quit.



Would the residual toxins contribute to health problems? How much cleaning would be involved in eliminating them? That's for future researchers to find out. What is important is that even though someone quits, the third-hand smoke remains to be shared with their family, friends, and co-workers. My [mother's recipe box](#) suggests that it can last a long, long time.

Remember: I'll be [Live in Chicago](#) in just about a month. Don't delay—get your seats today.

What are you prepared to do today?

**Dr. Chet**

Reference: Tob Control doi:10.1136/tobaccocontrol-2016-053119

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