

# Health Awareness



## Are You At Risk?

(NAPSA)—Secondhand smoke is dangerous—it has been linked to breast cancer, lung cancer, and low test scores in children. If you're pregnant, both you and your child may be at risk.



**One way to find out if you're in danger of secondhand smoke is to take a quick, easy test.**

A recent study in the Journal of the American Medical Association shows that cells from developing babies whose mothers smoked during pregnancy had higher levels of mutations, which could put a child at risk for developing cancer later in life. A recent British Medical Journal study estimates that more than 10,000 deaths per year could be attributed to second-hand smoke exposure.

Are you at risk? Fortunately, there is now an easy way to measure exposure. TobacAlert from Nymox is an over-the-counter, at-home test that lets you measure the level of cotinine, a metabolite of nicotine, in urine. The test can be purchased at all CVS pharmacies or online at [www.cvs.com](http://www.cvs.com). Visit [www.tobacalert.com](http://www.tobacalert.com) for more information.