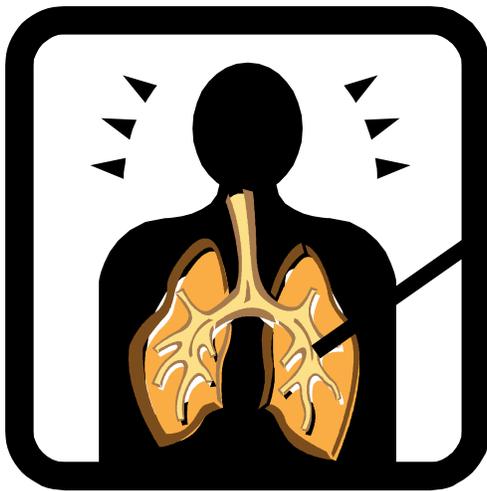
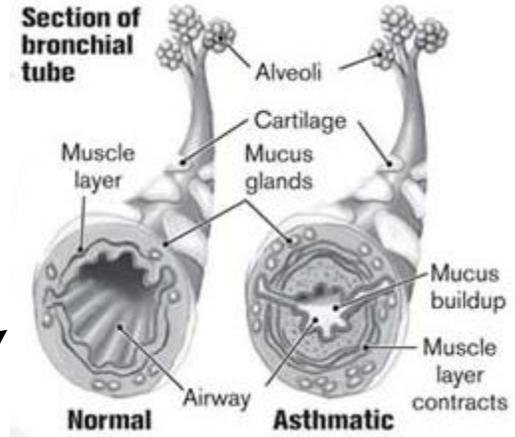


If you smoke and have asthma...

The most important step you can take to improve your health and reduce asthma attacks is to quit smoking. Tobacco smoke is a major trigger for asthma attacks. And here's why:



Normal breathing tube. lots of space for oxygen and air



ASTHMATIC breathing tube triggered by smoking

- Muscles tighten and squeeze tubes
- Extra mucus forms inside tubes
- Tubes swell and fill with fluid.

LESS SPACE for OXYGEN and AIR
DIFFICULTY BREATHING

No matter how long you have smoked,
QUITTING SMOKING WILL:
HELP YOU BREATHE MORE EASILY

- In 8 hours, Oxygen levels in the blood return to normal.
- After 72 hours, breathing tubes relax, lung capacity increases and breathing is easier.
- After 1-9 months, coughing, sinus congestion, fatigue, shortness of breath decrease. The lungs' ability to clean themselves and handle mucus improves. Chances of lung infections are reduced.
- **You will Save trips to the doctor and emergency room**
- **You will Save money for asthma medication**
- **You will Save money from not buying cigarettes** (if smoked 1 pack a day, you could save \$35/week).

Facts About Smoking and Asthma

**If you are interested
in quitting smoking
talk with:**

Your doctor

You can also call:



**Smoker's
Helpline**

1-800-NO-BUTTS

Or



**American Lung
Association**

**510-893-5474 ext.
375**

**Or their
Freedom From
Smoking program
online
www.ffsonline.org**

OR CALL

- The National Heart, Lung and Blood Institute (NHLBI) states that tobacco smoke is the most toxic indoor air pollutant that triggers asthma. It is worse than dust mites, cockroaches and mold. NHLBI recommends that those with asthma should not smoke or be around second hand smoke.
- Cigarette smoking makes asthma worse
- Quitting smoking is difficult to do alone, but support is available. (See cessation resources on the left)

What happens when you quit smoking

- When a person who has asthma quits smoking, that person's breathing gets a lot better during the first week and continues to get better during the next few weeks. The improvement in breathing is more significant than being on high dose steroid medications
- Studies have shown much less coughing, wheezing, night symptoms and sputum (mucous) in people who have asthma after quitting smoking compared to those who still smoke
- After a person with asthma quits smoking, many asthma symptoms will return to normal.
- After a person with asthma quits smoking inhaled steroid medications start to work better.
- Some people who use a (nebulizer) pulmoaide for asthma have reported a drop from using the pulmoaide many times a day to zero times a day.

This is probably

- Because smoke is not causing breathing tubes to constrict
- Because the inflammation in the breathing tubes get better.