

# Asthma and Smoking

## What is Asthma?<sup>1</sup>

Asthma is a health issue that affects the lungs. Airways swell and make it hard to breathe.

## Asthma Triggers<sup>1</sup>

Triggers make asthma worse and can cause an attack. Some common triggers are:

- Tobacco smoke
- Air pollution
- Dust
- Cockroaches
- Pet fur
- Mold
- Pollen
- Being active
- Cold or the flu
- Meds like aspirin
- Stress



## Signs of an Asthma Attack<sup>1</sup>

- Coughing - worse at night and early morning
- Wheezing - whistle sound when you breathe
- Chest tightness
- Shortness of breath

## Taking Care of Asthma<sup>1</sup>

Talk with your doctor about:

- Asthma meds
- Asthma triggers and how to avoid them
- Quitting smoking

## Why Quit Smoking<sup>2</sup>

You can't get rid of asthma, but quitting can make your lungs work better. You are less likely to have:

- Swollen airways
- Shortness of breath and coughing
- Hospital stays due to asthma

**Call for FREE help to quit smoking!  
1-800-300-8086**

<sup>1</sup> NIH (2014). *Asthma*.

<sup>2</sup> Broekema, et al. (2009).