

# Asthma and Smoking

## Did You Know That Smoking Can Make Your Asthma Worse?

Smoking is a common trigger of asthma symptoms for many people. Smoke, and even the smoke smell on clothes, can irritate your airways and cause the muscles around your airways to tighten. This makes the airways narrow and can cause asthma symptoms like coughing and wheezing. Smoking may also increase the risk of permanent lung damage, even in those without asthma.

## Smoking Affects Others

If you are a smoker, you need to stop smoking. If you are not a smoker, find ways to avoid secondhand smoke. Inhaling other people's smoke can cause your asthma to flare up. If you have a child with asthma, remember to keep him or her away from secondhand smoke. Don't let anyone smoke around you or your child.

## How to Ask People Not to Smoke Around You

Telling friends or family members that their smoking makes your asthma worse can be difficult. But if you have asthma, it is important to let people know how their smoke affects you.

- Tell them that smoke or even the smoke smell can make your asthma worse.
- Ask them to smoke outdoors.



## Quitting Is Hard. Giving Up Something You Do Every Day Isn't Easy. Here Are Some Tips to Help You Stop Smoking:

- Create a "quit plan." Make a list of all the reasons you want to stop smoking and carry it around with you. Set a quit date and stick to it.
- Tell your doctor, nurse, or pharmacist you want to stop. They may be able to assist you in creating a quit plan and suggest ways to stop, including recommending products approved to help those who try to quit smoking.
- Ask for support from a friend or family member. Let the people who care about you help you stay on track. The more support you have, the more likely you will be able to stop.
- Find out what makes you want to smoke. Plan how you can avoid these situations or how you can deal with them without smoking.
- Make your entire home smoke-free. Not smoking in certain rooms is not enough to reduce the risk of secondhand smoke.