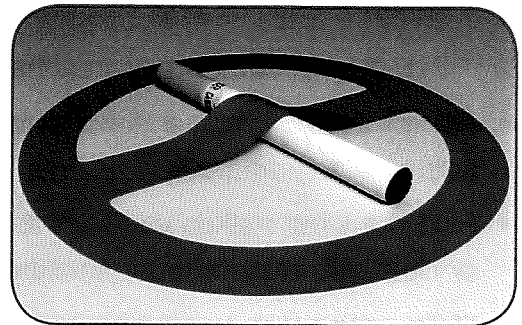


# Asthma and Smoking

When you breathe, air goes in and out of your lungs through tubes called airways. Asthma causes changes in your airways that can make it hard to breathe. Asthma triggers can make it even harder for you to breathe. One common asthma trigger is smoke:

## Did you know that smoking can make your asthma worse?

Smoking is a trigger of asthma symptoms for many people. Smoke, and even the smell of smoke 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 long-term lung damage.



## Smoking affects you and others

If you are a smoker, find out more about how to stop smoking. If you are not a smoker, find ways to avoid secondhand smoke. Inhaling other people's smoke can cause severe asthma symptoms. If you have a child with asthma, 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

Asking friends or family members not to smoke around you can be hard. But if you have asthma, it is important to let people know how their smoke affects you.

- Ask them not to smoke when they are with you
- Tell them you have asthma and that smoke makes it worse
- Tell them your home is smoke-free

### Did You Know?

20 minutes after quitting, your heart rate and blood pressure drop.

## Quitting is hard. 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 with you
  - Set a quit date and stick to it
- Tell your healthcare provider you want to stop. Your provider can:
  - Help you create a quit plan
  - Suggest ways to stop
  - Talk to you about medicines that may help you quit smoking
- Ask for support from a friend or family member. Let the people who care about you help you stay on track
- Find out what makes you want to smoke. Plan how you can avoid these things or deal with them without smoking
- Make your entire home smoke-free. Not smoking in some rooms is not enough to reduce secondhand smoke

When you are ready to stop smoking, ask for help. It's easier to quit if you have support from family, friends, and your healthcare provider.

For more information and help to quit smoking, visit [www.smokefree.gov](http://www.smokefree.gov).



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