



Asthma: Another reason to quit

Tobacco has many bad health effects, especially for people with asthma.

Asthma is also called "RAD" for reactive airways disease.



Asthma and Smoking

Asthma can get worse

- Smoking is one of the worst things people with asthma can do
- Tobacco smoke irritates the airways and makes asthma worse and harder to control
- Smokers with asthma have to use breathing medicines more often
- Smoking can undo what asthma medicine is supposed to do
- Smoking around children with asthma can trigger an asthma attack



Asthma and quitting

The benefits of quitting smoking starts right away

- No matter how long you have smoked, your health will get better
- Asthma attacks can be reduced or even go away
- In only 2 or 3 weeks after stopping smoking, your lungs work better
- Daily activities do not leave you out of breath
- Coughing can get better within days of quitting
- You will likely live longer