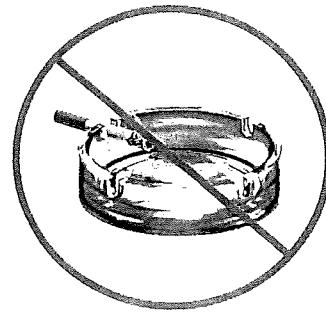


Asthma and Smoking

Did You Know That Smoking Can Make Your Asthma Worse?

Smoking is a common trigger of asthma symptoms for people with asthma. If you smoke, it is critical that you stop.



Here Are Some Tips to Help You Stop Smoking:

- Make every effort to stop—even if you could not stop before. Keep trying!
- Talk to your doctor about medicines to help you quit smoking.
- Create a quit plan.
- Set a quit date.
- Enroll in a quit-smoking class or program.
- Find out what makes you want to smoke. Plan how you can avoid these times or how you can deal with them without smoking.
- Reduce your exposure to other smokers.

Secondhand Smoke

Smoke coming from other people who smoke (secondhand smoke) can also be an important trigger. If you have a child with asthma, remember to keep him or her away from secondhand smoke, too. Make sure that your child is not exposed to smoking at day care.

How to Ask People Not to Smoke Around You

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

- Most people don't know that smoke can make asthma worse.
- Suggest that they smoke outdoors.



This material was developed by GlaxoSmithKline.