



Your Airways are already swollen and easily irritated because you have asthma

When you have asthma, the tubes that carry air into and out of your lungs tend to be swollen and easily irritated. When something you breathe irritates your swollen airways, they swell up even more and this makes it hard for air to get through to your lungs.

This swelling and irritation in your airways causes asthma symptoms such as coughing, wheezing (noisy breathing that can sound like whistling), tightness in your chest, and trouble breathing. These symptoms can lead to an asthma attack.

Smoking adds extra irritation to your airways and makes your asthma worse

Whether you have asthma or not, smoking is a major health problem because it brings harmful chemicals into your body.

But if you have asthma, smoking also makes your asthma worse:

- **More problems with asthma symptoms.** Smoking makes you more likely to cough, wheeze, and feel tightness in your chest.
- **More asthma attacks, and attacks can be worse.** The extra irritation caused by smoking makes you more likely to have an asthma attack. Being a smoker can make your asthma attacks more severe.

Smoking will make your asthma worse

You are more likely to get sick

Because you have asthma and you smoke, you are more likely to get sick from colds and other illnesses that affect your airways. This includes serious illnesses such as bronchitis and pneumonia. Smoking also makes you more likely to get lung diseases that can't be cured.

Your asthma medicine won't work as well

When your airways get irritated from smoking, your asthma medicine doesn't work as well. It will be harder for you to keep your asthma symptoms under control.

You can get help to quit smoking

If you have asthma and you smoke, quitting is the best thing you can do for your health.

It's not easy to quit, but getting help and support makes it much easier for you to quit for good:

- Ask your doctor for help in quitting.
- Call the Quit Line. In Oregon, you can get free and friendly help by calling the Oregon Tobacco Quit Line at 1-800-QUIT-NOW (1-800-784-8669) or online at www.quitnow.net/oregon/. The call is free and so are the services you get from the Quit Line.
- Ask your family and friends for their encouragement and support.