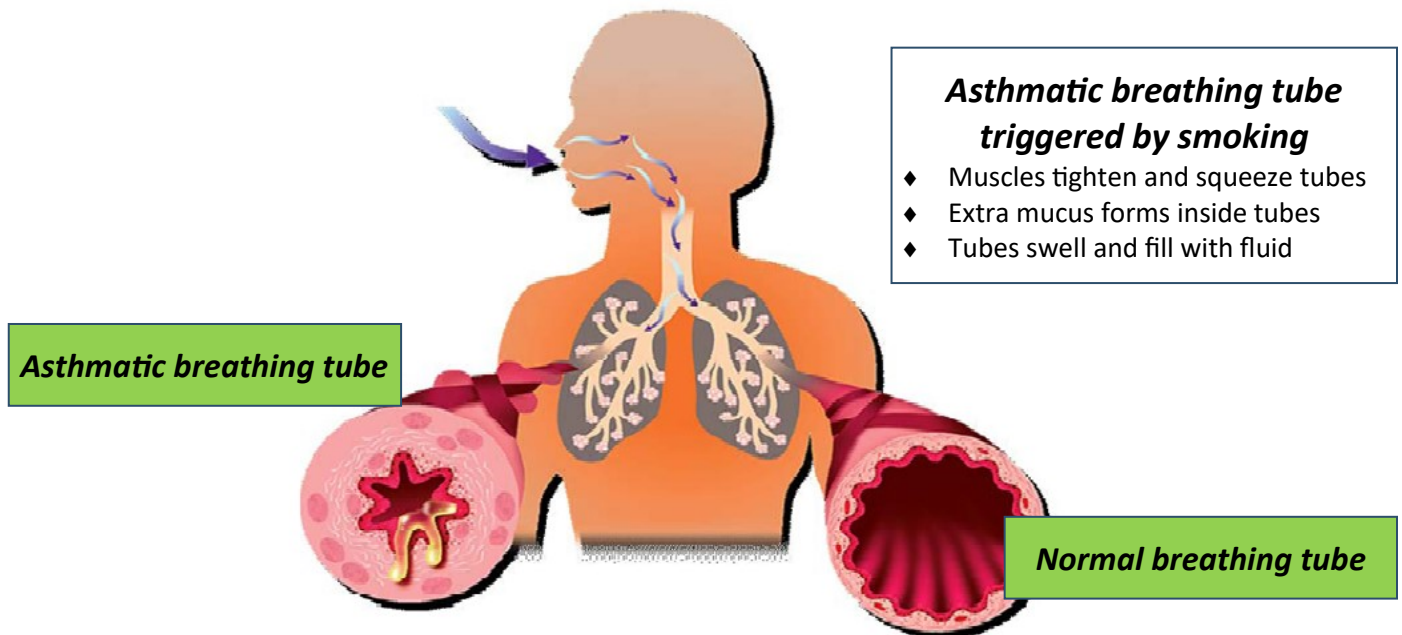


# SMOKING & ASTHMA

If you smoke and have asthma, the most important step you can take to improve your health and reduce asthma attacks is to

**QUIT SMOKING.**

*Tobacco smoke is a major trigger for asthma attacks.*



**No matter  
how long  
you smoked,  
quitting helps  
you *b r e a t h e*  
more easily!**

- ◆ Eight hours after your last cigarette, oxygen levels in your blood return to normal.
- ◆ After 72 hours (3 days), breathing tubes relax, lung capacity increases, and breathing is easier.
- ◆ After 1 to 9 months, sinus congestion, coughing, fatigue, and shortness of breath decrease. Your lungs' ability to clean themselves and handle mucus improves.
- ◆ Chances of lung infections are reduced.
- ◆ You'll save trips to the doctor and ER and save money on asthma medication or possibly not buy it at all.
- ◆ You'll save money from no longer buying cigarettes!

TOBACCO CESSATION PROGRAM | 2600 TOWER DRIVE, SUITE 216, MONROE

318-966-QUIT



ST. FRANCIS  
MEDICAL CENTER

# SMOKING & ASTHMA

*Tobacco smoke is the most toxic indoor air pollutant that triggers asthma.*

*It is worse than dust mites, cockroaches, and mold, and people with asthma should not smoke or be around secondhand smoke.*

## WHAT HAPPENS WHEN YOU QUIT SMOKING

- ◆ When a person who has asthma quits smoking, his/her breathing gets a lot better during the first week and continues to improve during the next few weeks. The improvement in breathing is more significant than being on high-dose steroid medications.
- ◆ Studies have shown much less coughing, wheezing, night symptoms and sputum (mucus) in people who have asthma after quitting smoking compared to people with asthma who still smoke.
- ◆ After a person with asthma quits smoking, many asthma symptoms will return to normal, and inhaled steroid medications will begin to work more effectively.
- ◆ Some people who use a pulmoaide (nebulizer) for asthma have reported a drop from using the pulmoaide many times a day to zero times a day.

Quitting smoking is difficult to do alone, but support is available through your St. Francis Tobacco Cessation Program.

**Any time you need assistance with your cessation journey, need to ask questions or just need to talk, call us at (318) 966-QUIT.**



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