



Asthma, Smoking and Lung Health

Smoking has severe effects on your lungs and your health.

Smoking causes serious illnesses that affect your breathing, like pneumonia, chronic bronchitis, and emphysema. And, smokers are 10 times more likely to die of Chronic Pulmonary Disease (COPD).

Asthma

- People with asthma are at special risk from smoking because smoke can clog your lungs with mucous and make it much harder for you to move air in and out of your body.
- People who smoke have poor asthma control and more asthma attacks.
- Smoking makes asthma more severe. Smokers with asthma need to go to the hospital more often.

Colds and Sore Throats

- People who smoke are more likely to have colds and sore throats.

Breathing

- Smoking makes you cough and wheeze more.
- Lungs get inflamed when someone smokes, making it much harder to breathe.

NEED RESOURCES AND SUPPORT TO QUIT?

802Quits provides free resources to quit smoking and tobacco, including free patches, gum or lozenges, and quit support online, by phone, in-person or to quit on your own.

**GO TO [802QUITS.ORG](https://www.802quits.org)
1-800-QUIT-NOW**