



Smoking and Asthma

Everyone knows smoking is bad for the lungs, but if you have asthma and smoke the lungs are damaged faster and the risks of smoking higher.

If you smoke a packet a day it will cost about £300 per month so stopping it isn't just about health.

if your friends smoke, this can also affect your asthma through second-hand smoke (<https://www.gov.uk/government/news/campaign-warns-of-dangers-of-secondhand-smoke>) Even if your friends smoke outside, the smoke on their clothes can set off or worsen asthma. If your friends smoke, try asking them not to smoke around you, are moving away from them when they are smoking,

Where you can get help with stopping smoking.

It's important to stop and there is help available. Ask your GP, go to a local pharmacy or look for your nearest [NHS stop smoking service_ www.nhs.uk](http://www.nhs.uk)