



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.

Second-hand smoke is also very bad for children with asthma as it often worsens it. (<https://www.gov.uk/government/news/campaign-warns-of-dangers-of-secondhand-smoke>) Even if you smoke outside, the smoke on your clothes can set off or worsen asthma.

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

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](http://www.nhs.uk) www.nhs.uk