

## Smoking and Asthma

Smoking is bad for anyone's health, but it's especially bad if you have asthma

### What harm does smoking do?

Smoke from cigarettes contains lots of chemicals that are bad for you. And they are not just bad for your lungs – the chemicals can get into your blood and go around your whole body

- They can cause cancer lots of different types of cancer
- They can make you much more likely to get lung infections
- They can make you short of breath and less able to play well at sports
- The nicotine is very addictive
- They are expensive – the average smoker spends £38 a week on cigarettes!



### What harm can smoking do to my asthma?

We now know that smoking is really bad for people who have asthma:

- If you start smoking at a young age, you are more likely to develop asthma
- If you smoke you are more likely to have asthma attacks, and more severe asthma attacks that mean you need to go to hospital
- If you smoke, you will probably need more medicine to help control your asthma

Children who live with people who smoke are also more likely to have these problems and are more likely to miss school because of their asthma than children who don't live with people who smoke

### Will stopping smoking help my asthma?

Yes! If you stop smoking, you will feel better and live longer!

Even if you have been smoking for quite a few years, if you stop you will likely:

- Cough less
- Feel less short of breath
- Have less severe and less frequent asthma attacks

### How can I stop smoking?

It can be very hard to stop smoking on your own. This is because there is often a physical addiction to the nicotine which can be very powerful, and also the habit of smoking which can be difficult to break.

But if you get specialist help, you are much more likely to succeed. The best place to start is to make an appointment you're your GP. They may:

- Refer you to a local stop smoking service
- Prescribe you Nicotine Replacement Therapy (NRT). These are things like patches, gums or lozenges and help combat the nicotine addiction
- Offer advice on how to break the habit of smoking, like changing your routine so you are busy doing something else at a time you would normally smoke.

