

Curing Allergies with Visual Imagery

Asthma and Smoking

21% of people with asthma smoke cigarettes — even though they are a known asthma trigger.

1,300 deaths per day are attributed to smoking.

Cigarette smoke is the **2nd** most cited cause of asthma flares.

Smokers with severe asthma have poorer asthma control and more unscheduled healthcare visits.

Smoking or exposure to secondhand smoke can cause:

- Lung cancer
- More frequent and severe asthma flares
- COPD
- Respiratory infections
- Coughing and wheezing
- Ear infections in children
- Heart disease
- Stroke
- Nicotine addiction

Secondhand Smoke

There's **NO** safe amount of secondhand smoke!

Secondhand smoke contains more than **7,000** chemicals, including 70 that can cause cancer. If you breathe secondhand smoke, you breathe in many of the same chemicals the smoker is inhaling.

Kids with asthma who are exposed to secondhand smoke at home — **2X** more likely to be hospitalized due to asthma flare.

Benefits to Quitting Smoking

- Repairs the body — improved lung function
- Reduces risk of asthma flare
- Reduces risk of developing COPD
- Ensures you're not harming others via secondhand smoke
- Extends your life

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