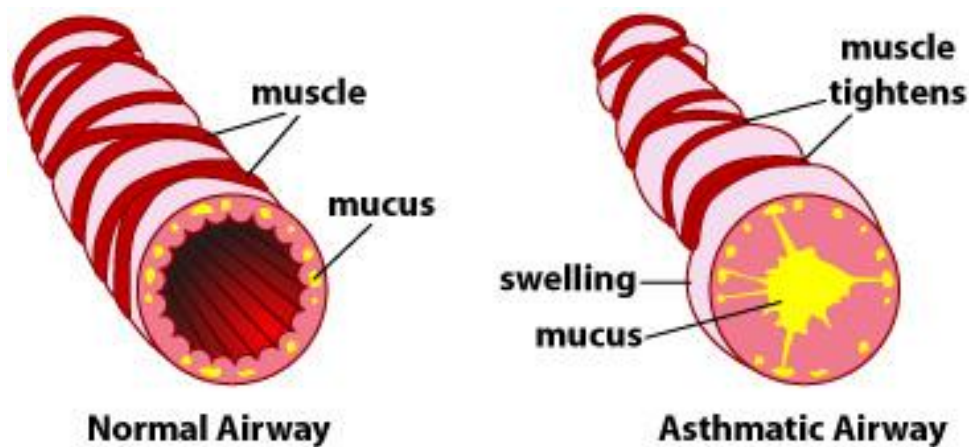


Commercial Tobacco & Asthma



Asthma is a disease characterized by ongoing inflammation of the airways, overproduction of mucus, and airway constriction due to tightened muscles.



Risk Factors

- ◆ Family history
- ◆ Respiratory infection
- ◆ Smoking cigarettes
- ◆ Exposure to second hand smoke
- ◆ Allergies
- ◆ Air pollution
- ◆ Obesity

Asthma Triggers

- ◆ Smoking cigarettes
- ◆ Exposure to second hand smoke
- ◆ Smoke from burning wood or grass
- ◆ Dust Mites
- ◆ Air pollution
- ◆ Pets

Symptoms of asthma attack

- ◆ Coughing
- ◆ Shortness of breath
- ◆ Trouble breathing
- ◆ Wheezing
- ◆ Tightness or pain in the chest

Commercial Tobacco & Asthma



Smoking combined with asthma causes damage to the lungs. Smoke irritates the airways, causing swelling, narrowing of airway, and mucus build up.

Smoking and Asthma

Smoking can...

- ◆ Undo the effect long-term medicine use.
- ◆ Force to use quick-relief medicine more often.
- ◆ Disrupt sleeping due to coughing more often.
- ◆ Affect ability in sports and other physical activities.
 - ◆ Send you to the ER with an asthma attack.

For more information on commercial tobacco use, asthma, and health effects please contact:

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