



Living with Lung Disease and the Benefits of Quitting Smoking

It is never too late to quit. If you have COPD or another chronic lung disease and are still smoking or using other tobacco products, including e-cigarettes, vapes, smokeless tobacco or other products, quitting is one of the most important steps to improving your lung health.

Can smoking and use of other products make my lung disease worse?

Yes! It can:

- raise your risk of getting colds and lung infections like flu or pneumonia.
- result in COPD and asthma attacks or flare-ups.
- make extra and thicker mucus in the lungs that can cause you to cough more.
- cause your lung disease to progress faster meaning more breathing-related symptoms, more medication, increase your risk of flare-ups or attacks, and emergency visits.



How will quitting improve my lung disease?

While quitting will not reverse your lung disease, your body and lungs will start to heal from the damage caused by smoking. As you continue to stay tobacco-free, you will notice your breathing-related symptoms improve.

This means less coughing and shortness of breath. If you do get a cold or the flu, you may have less severe symptoms. Five years after you quit, your risk for pneumonia and lung cancer lessens.

What questions should I ask my doctor about quitting smoking?

- I do not have reliable transportation to attend in-person programs. What are free or low-cost programs that can help me quit?
- Where can I get FDA-approved quit medications, like the patch, gum or lozenges, for free or at a lower cost?
- How will quitting improve my lung disease and other health conditions like diabetes and high blood pressure?
- Is being exposed to secondhand smoke at home or work dangerous to my health?

Resources from the American Lung Association

Whether you have tried to quit in the past, or this is your first time, the American Lung Association is here to help.

Freedom From Smoking®

Participate in a quit program that has helped more than a million Americans end their addiction to nicotine and begin new tobacco-free lives. Freedom From Smoking is available in-person, online, over the phone or through a self-help guide. **Get started at [Lung.org/FFS](https://www.lung.org/FFS).**

Lung HelpLine

Talk over the phone for free with a respiratory therapist or a certified tobacco treatment specialist at Lung HelpLine at 1-800-LUNG USA (1-800-586-4872). **Contact the HelpLine at [Lung.org/HelpLine](https://www.lung.org/HelpLine).**

Lung Health Navigator Program

Our Lung Health Navigators provide free and customized 1-on-1 education and support for people with asthma or COPD and their caregivers through a series of calls. When you know more about your disease, it helps improve your ability to manage your condition including coping skills for tough days and where to seek additional support.

Visit [Lung.org/Navigator](https://www.lung.org/Navigator).

Connect with Others Online

Connect with others, share your experiences, and learn from friends in this online forum for people facing lung disease.

Connect today at [Lung.org/community](https://www.lung.org/community).

Patient and Caregiver Network

This online patient support program will provide you with direct access to education, support, and connection to others living with chronic lung disease. **Join at [Lung.org/PCN](https://www.lung.org/PCN).**

Saved By the Scan

There is hope against lung cancer. Screening early, can save your life. Ask your healthcare provider about low-dose lung cancer screening. **Learn more at [Savedbythescan.com](https://www.savedbythescan.com).**

Other resources

Talk to your healthcare provider about quit smoking resources in your community. This may include cessation counseling through your healthcare organization, county, or state.

Contact 1-800-Quit-Now (1-800-784-8669) to talk to a cessation specialist.