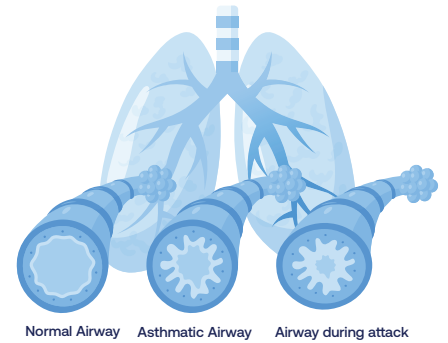


## What is asthma?

Asthma is a chronic disease that affects the airways of the lungs. During an asthma attack, the airways of your lungs become swollen (puffy) and narrow (tight), making it harder for air to get out of the lungs to breathe. Asthma attacks can be mild, moderate or serious, and can even be life threatening.



## Did you know?

Living with a chronic lung disease like asthma makes your lungs more sensitive than people without asthma.

Smoke from cigars, cigarettes, e-cigarettes, vapes and other electronic nicotine delivery systems can harm your body, especially your respiratory system.

When someone inhales smoke, whether directly, second or thirdhand, the harsh chemicals settle in your airways and can set off an asthma episode.

**18%** of adults with asthma in the U.S. smoke and use tobacco products, even though smoke (both second and thirdhand) is a known trigger for asthma attacks.



## Ready to quit?

Quitting smoking and ending your nicotine dependence reduces your risk for asthma symptoms and the possibility of getting a new lung disease like lung cancer or COPD. If you're ready to live a tobacco-free life, the American Lung Association has resources to help!

- **Lung HelpLine & Tobacco QuitLine**

Our knowledgeable staff can provide thorough answers to all of your lung-health-related questions and connect you to the resources you need. Call **800-LUNG-USA** today!

- **Lung Health Navigators**

Our Lung Health Navigators will take you through various treatment options, when to seek a specialist or second opinion, lifestyle changes and ways to prevent your lung disease from getting worse. Call **866-252-2959** today!

- **Freedom From Smoking®**

The Freedom From Smoking® program has helped hundreds of thousands of people quit and live tobacco-free lives. Visit [Lung.org/FFS](https://Lung.org/FFS) or email [FreedomFromSmoking@Lung.org](mailto:FreedomFromSmoking@Lung.org) to see what's best for you!

## How can I avoid an asthma attack?

While there is no cure for asthma, you can help control your asthma!

- Take your medicine exactly how your doctor tells you.
- Stay away from things that may trigger an attack, including smoke.