

ASTHMA

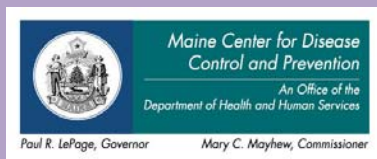
and Smoking

Breathe Easier

Five things to know if you smoke and have asthma:

1. Cigarette, cigar, and pipe smoke is a major asthma trigger
2. Smoke bothers your lungs causing your asthma to get worse
3. Smoking can cause you to over-use your rescue inhaler
4. Your doctor can help you quit smoking to make your asthma better
5. If you're thinking about quitting call the quit line at 1-800-207-1230

A Message from the Maine CDC Asthma Prevention and Control Program and The Partnership for a Tobacco-free Maine



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