What is Asthma?

In Arkansas, it's estimated that 160,263 adults and 64,142 children suffer from asthma.

Asthma is a chronic lung disease that affects your breathing. The disease causes the airway to the lungs to become irritated, making it more difficult to breathe.

Asthma symptoms include coughing, wheezing, shortness of breath and chest tightness. People living with asthma can experience attacks ranging from mild to severe and life threatening. Smoking hurts our bodies and worsens asthma. The best way to help yourself and your health is to quit tobacco use. When you are ready to quit, we are here to help you.

Arkansas Tobacco Quitline
Seven days a week
7a.m.- 2a.m.
1-800-QUIT-NOW
1-800-784-8669

STAMP OUT SMOKING
1-800-QUIT-NOW

Arkansas Department of Health

Your Tobacco Settlement Dollars at Work

Arkansas Department of Health
Tobacco Prevention and Cessation Program
4815 West Markham, Slot 3
Little Rock, AR 72205
501-661-2953
www.healthyarkansas.com
www.stampoutsmoking.com

Know the Risks

Tobacco Use & Asthma

Tobacco Prevention and Cessation Program
Arkansas Department of Health

Asthma Prevention

Asthma cannot be cured, but if you have asthma, you can control how frequently you experience its symptoms and discomfort.

Asthma Triggers:

- *Pets* — Any pets with fur or feathers can trigger an asthma attack. If your pet causes a family member to experience asthma symptoms, remove the pet from your home or keep them cleaned regularly and out of the sufferer's bedroom.

- *Tobacco smoke* — If you or a family member suffers from asthma, cigarette smoke should not be permitted inside your home or car. Ask family members to smoke outside. If you use tobacco and suffer from asthma, you should quit.

- *Mold* — Molds can form in kitchens, bathrooms and basements. Clean these areas often and make sure these areas have good air circulation. Dehumidifiers can help a basement's humidity.

- *Strong odors* — Perfumes, paint fumes and household cleaners are examples of strong odors that can trigger an asthma attack.

- *Dust mites and Cockroaches* — Dust mites are microscopic spiders found in dust, and they can be major triggers. Control dust mites by washing bedding and stuffed toys in hot water weekly. Control cockroaches by not leaving food or garbage exposed. Clean regularly, especially in bedrooms.

Asthma and Secondhand Smoke: *The Facts*

Secondhand tobacco smoke causes more than 22,700 deaths from heart disease every year. Secondhand tobacco smoke comes out of the end of burning cigarette, cigar, pipe, and some other tobacco products. It contains approximately 4,000 chemicals – including cancer-causing agents, irritants and toxins.

- Secondhand smoke can cause asthma in children who have never before experienced any symptoms.

- Exposure to secondhand smoke makes it hard to breathe, which can trigger an asthma attack and make the disease's symptoms more severe.

- Tobacco smoke causes breathing problems and affects the immune system, making it difficult for lung tissue to repair itself.

- Children with asthma who live with a smoker are more likely to experience asthma attacks, take more medicine for their asthma, and miss school more often.

- Children exposed to secondhand smoke are more likely to be held back in school, do worse on tests, have more ear infections, more severe asthma, more symptoms of ADHD and die from sudden infant death syndrome (SIDS).

We Can Help You Quit

If you quit smoking, your health will greatly improve. It can also help you prevent cardiovascular disease.

If you quit smoking, you will feel better and live longer. Smoking becomes an addiction, which makes it harder to quit. Studies show you double your chances of quitting with medication and coaching. The Arkansas Tobacco Quitline helps you make a personal quit plan and provides:

- ***A FREE program with personal coaching and advice***
- ***FREE Unlimited Web Coach***
- ***FREE calls available in more than 160 languages with a Quit Coach***
- ***FREE medication, while supplies last.***

Don't risk developing asthma, causing an asthma attack, heart disease, stroke, high blood pressure or creating other health problems. Choose your Quit Day.
Call the Arkansas Tobacco Quitline at 1-800-QUIT-NOW or 1-800-784-8669.
Quit tobacco today.

For more information, visit

www.stampoutsmoking.com
www.arkresp.org

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