

asthma & smoking

did you know?

Secondhand smoke can trigger childhood asthma. Children of smokers are twice as likely as children of non-smokers to develop asthma.

what is secondhand smoke?

Secondhand smoke is a mixture of smoke given off by the burning end of a cigarette, cigar or pipe and the smoke exhaled from the lungs of smokers. Secondhand smoke can cause cancer.

what is asthma?

Asthma is a chronic (long-lasting) disease that includes periods of wheezing and troubled breathing. Symptoms usually occur when the lungs' airways swell and become inflamed.

how do i know if my child has asthma?

Common signs of asthma are:

- Coughing, especially at night
- Wheezing or whistling sounds during breathing
- Shortness of breath
- Chest tightness



who is likely to develop asthma?

- Children are more likely to develop asthma when one or both parents have asthma.
- Secondhand smoke triggers up to 1 million asthma attacks in children each year.
- Being around tobacco smoke causes asthma attacks to be more severe.
- Healthy babies born to women who smoke during pregnancy are more likely to develop asthma.

quitting smoking isn't easy.

If you or any member of your family would like help quitting smoking, call the Lexington-Fayette County Health Department at (859) 288-2446, or Kentucky's Tobacco Quit Line at 1-800-QUIT-NOW/1-800-784-8669.

Source: Smokefree Families and the San Diego Hospital.



Find LFCHD on Facebook, or follow us on Twitter at twitter.com/LFCHD.
www.lexingtonhealthdepartment.org