

# ASTHMA AND QUITTING SMOKING

Quitting smoking is one of the best ways to protect your health and avoid asthma symptom flare-ups.



## How does smoking affect my asthma?

Having asthma means that your airways are sensitive. Certain “triggers” like cigarette smoking can make your airways narrower (known as inflammation). Inflammation makes it harder for you to breathe. Smoking also worsens how well your lungs work. When you have asthma and smoke, your lungs will get worse faster than they would if you didn’t smoke.

## When you have asthma and smoke, you may have:

More asthma symptoms (such as coughing, wheezing, and shortness of breath)

Difficulty controlling your asthma

More frequent and more severe asthma attacks

A higher risk of infections like bronchitis and pneumonia



Your asthma medications also don’t work as well when you smoke. This might mean you have to use them more often.

## How can quitting smoking help my asthma?

Quitting smoking is the one of the best ways to manage your asthma symptoms! It will also improve your overall health. Here are some benefits you may notice once you quit smoking:

- Your lungs will work better.
- You'll have fewer asthma symptoms.
- You won't have as many asthma flare-ups.
- You won't need your inhalers or other asthma medications as often.
- You'll have better control of your asthma symptoms.

Your cough may worsen for a short time as your body adjusts to being smoke-free. Talk to your health care provider if your cough gets worse as you quit smoking. You may need to adjust your asthma medication.

## GET SUPPORT TO QUIT THROUGH QUITNOW



Coaching via phone or live chat  
1-877-455-2233



Supportive text messages

Visit [quitnow.ca](https://quitnow.ca) for more

