



# ASTHMA CARE

## Why is Smoking Harmful?

### Did you know that?

- **All smoke can trigger an asthma attack.** People with asthma have sensitive airways. Smoke irritates the airways. This irritation can bring on an asthma attack.
- **Second-hand smoke can trigger an asthma attack.** It can also make an attack worse. The smell of smoke on clothing and furniture can irritate the lungs of people with asthma.
- **Smoke in the house can cause more asthma attacks in children.**
- **Tobacco smoke contains harmful chemicals.** People who live around cigarette smoke breathe the same chemicals in smoke that smokers do. These include:
  - Deadly poisons
  - Dead tissue preservative
  - Nail polish remover
  - Wood alcohol
  - Torch fuel
  - House cleaner
- **Family members who live with smokers** may breathe as much second-hand smoke in one day as they would if they smoked 1-2 cigarettes themselves.
- **Over 3,000 non-smokers die each year** from lung cancer caused by second-hand smoke.
- **Second-hand smoke is very bad for babies and children** because they have small lungs and airways.
- **Smoking takes 8 years off the life** of the smoker and causes many types of health problems.



ALAMEDA  
**Alliance**  
FOR HEALTH

Health care you can count on.  
Service you can trust.

## Quit Smoking

This is the most important thing that you can do for yourself and your family.

- Talk to your doctor or his/her staff about quitting
- Use medications for quitting, such as the nicotine patch
- Get group, in-person or phone counseling

## Tips to Quit

- Think about past quit attempts. What worked and what did not?
- Ask friends, family and friends at work to support you
- Plan to do something you enjoy every day
  - This will keep your mind off smoking
  - Reward yourself
- Avoid people and places that will tempt you to smoke

## If you cannot quit now there are ways to keep smoke away from people with asthma:

- Smoke outside your home
- Do not allow anyone else to smoke in your home – direct them outside
- Wear a smoking jacket and leave it outside. The smoking jacket will shield your clothes from the smoke.

## To avoid secondhand smoke:

- Ask family and friends to smoke outside
- Don't let people smoke in your car
- If your family members are smokers, ask them to think about quitting

## California Smokers Helpline

Looking for help to stop smoking? The Smokers' Helpline can help you quit. This service is free! Call them at **1-800-662-8887**.

**Talk to your doctor or nurse if you have any questions or concerns.**

## You don't have to do this alone!

To find out more about asthma care call Alliance Health Programs at **510-747-4577**.

Toll-Free: 1-877-371-2222;  
CRS/TTY: 711 or 1-800-735-2929;  
8 a.m. to 5 p.m., Monday-Friday;

Alliance CompleteCare (HMO SNP)  
Members please call:  
Toll-Free: 1-877-585-7526;  
CRS/TTY: 711 or 1-800-735-2929  
8 a.m. to 8 p.m. seven days a week.

[www.alamedaalliance.org](http://www.alamedaalliance.org)

[www.alliancecompletecare.org](http://www.alliancecompletecare.org)

Permission is granted to use and duplicate these materials for non-profit educational use as long as no changes are made without permission from Alameda Alliance for Health.

ALAMEDA  
**Alliance**  
FOR HEALTH

Health care you can count on.  
Service you can trust.