

Support is only a phone call or click away

There are many ways to help you quit smoking. Speak to your doctor about medications to help you quit and ring the Quitline.

The Quitline is a free service staffed by experienced quit smoking counsellors who can support you while you try to quit. The Quitline has Indigenous Australian phone counsellors who can provide support and advice for Aboriginal and Torres Strait Islanders.

Quitline 13 7848
quit.org.au

quit.org.au

The ultimate site for people thinking about, and staying quit

My QuitBuddy

a downloadable app for smart phones

www.icanquit.com.au

sign up for 'my quit journey'

www.quitnow.gov.au

has a great 'quit now calculator' to help you work out what smoking is costing you

www.nosmokes.com.au

a website for young Aboriginal and Torres Strait Islanders which uses storytelling, games, videos and animations to talk about smoking

You can also speak to your doctor, pharmacist or local Asthma Foundation about your asthma and your plan to quit.

Think about quitting and give it a go!

Asthma First Aid

1 Sit the person upright

- Be calm and reassuring
- Do not leave them alone



2 Give 4 puffs of blue reliever puffer medication

- Use a spacer if there is one
 - **Shake** puffer
 - Put **1 puff** into spacer
 - Take **4 breaths** from spacer
- Repeat until 4 puffs** have been taken
Remember: Shake, 1 puff, 4 breaths



3 Wait 4 minutes

- If there is no improvement, give **4 more puffs** as above



4 If there is still no improvement call emergency assistance (DIAL 000)*

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving **4 puffs** every **4 minutes** until emergency assistance arrives



*If calling Triple Zero (000) does not work on your mobile phone, try 112

Call emergency assistance immediately (DIAL 000)

- If the person is not breathing
- If the person's asthma suddenly becomes worse, or is not improving
- If the person is having an asthma attack and a puffer is not available
- If you are not sure if it's asthma

Blue reliever medication is unlikely to harm, even if the person does not have asthma

 **Asthma Australia**

To find out more contact your local Asthma Foundation
1800 ASTHMA (1800 278 462)
asthmaaustralia.org.au

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Asthma Australia

This brochure has been developed for the community by Asthma Australia and Quitline.

It provides basic facts about:

- Asthma & smoking
- Tips on quitting smoking
- Support services available

Other Asthma Australia brochures:

- Asthma Basic Facts
- Asthma medications & devices - a guide
- Under 5s
- Seniors
- Live well checklist
- 10 Things to tell/ask your doctor

To find out more about asthma contact your local Asthma Foundation

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All Asthma Australia information is endorsed by our Medical and Scientific Advisory Committee and is referenced to peak health bodies.

Asthma Australia information does not replace professional medical advice. People should ask their doctor any questions about diagnosis and treatment.

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Asthma & Smoking



Asthma Australia

Asthma & smoking

This brochure tells you about the link between asthma and smoking. Most people know smoking is not good for their bodies.

Asthma is a condition that affects the airways, and makes it hard to breathe.

The combination of asthma and smoking affects:

- The person smoking the cigarettes
- Family members, children, partners and people around you
- People not even born yet – your children’s future children!

Let’s look at asthma

- 1 in 10 people in Australia have asthma – people of all ages!
- Asthma is one of the most common reasons why children end up in hospital
- People with asthma are more likely to take days off work, school or study
- In Australia, a person dies every day from asthma

Did you know?

Almost 40% of children with asthma live with people who smoke. Smoking is one of the biggest triggers for people with asthma.

Breathing

Most of us know that smoking is bad for our health, particularly our lungs. Asthma affects our breathing and our lungs.

When people have asthma their airways react:

- Airways swell
- Airways become thick with mucus
- Muscles around the airway squeeze tight

This is why it is difficult for people with asthma to breathe.

Smoking can make people’s asthma worse. This means that if someone with asthma is smoking, or standing near someone smoking, their symptoms can increase, and they will feel worse.

Having ongoing symptoms and not being able to enjoy favourite activities can start to get you down, and make life less enjoyable.

What are asthma symptoms and why are they a problem?

Many people with asthma put up with:

- constant coughing
 - being out of breath
 - tightness in the chest
 - wheezing
- and being woken at night by these unpleasant symptoms.

What has this got to do with smoking?

Quite a lot actually!

People with asthma who smoke have more symptoms (feel worse, more often) and their asthma medications don’t work as well.

The combination of asthma and smoking means you move faster towards reduced lung function.

What does reduced lung function mean?

Reduced lung function can be like having asthma symptoms all the time. Even with medication the airways never return to normal size. You really can’t breathe easily and simple things like walking around the house, playing with your kids/grandkids or getting a couple of things from the shops will leave you feeling like you are running a marathon.

We understand that quitting can be difficult

What we know is that

- most people start smoking when they are teenagers
- most people who smoke want to quit and wish they had never taken up smoking
- nicotine is a very addictive drug and quitting is difficult

There are so many benefits to quitting smoking

In terms of your asthma, if you quit smoking:

- You will have less asthma symptoms – though most people when quitting may notice increased coughing for a while, this is a normal reaction as your lungs recover
- Your asthma medication will work better – so you will feel better
- You will have more money

Overall, this will improve how you feel and let you live well with your asthma.

You can get help to quit smoking

The decision needs to come from you! Don’t be discouraged if you don’t quit for good the first time you try. Most people try many times before they quit for good. The important thing to remember is to never give up giving up.

Asthma Assist

Register with Asthma Assist to receive free asthma information from your local Asthma Foundation.

asthmaaustralia.org.au | 1800 ASTHMA



**Help children breathe better -
Create smoke free homes and cars**