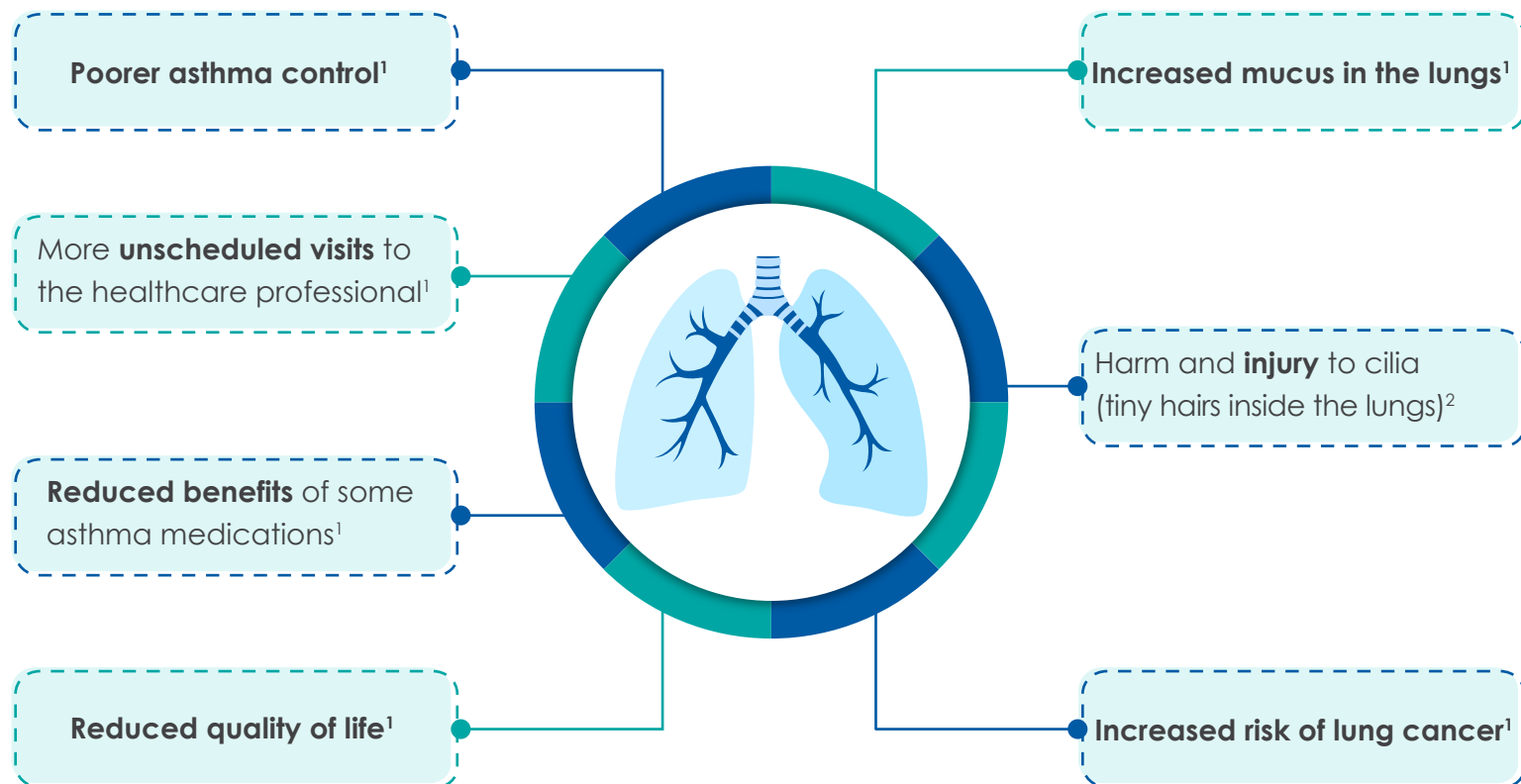


# Smoking and Vaping in Asthma—Impacts on Health

## Smoking is particularly harmful for people with asthma<sup>1</sup>

### Smoking leads to



## Thirdhand smoke is as dangerous as secondhand smoke



Secondhand smoke causes **wheezing** and **coughing** and is a **risk factor** for pneumonia and bronchitis in children<sup>3</sup>

Thirdhand smoke is **toxic residue** left behind from tobacco smoke that **builds up** on soft and hard surfaces<sup>4</sup>



For additional information,  
please visit [luma-edu.com](https://luma-edu.com)

1. Polosa R, et al. *Eur Respir J*. 2013;41:716-726. 2. Allergy and Asthma Network. <https://allergyasthmanetwork.org/what-is-asthma/vaping-smoking-with-asthma/>. Accessed October 22, 2024. 3. Asthma and Allergy Foundation of America. <https://aafa.org/asthma/asthma-triggers-causes/secondhand-smoke-environmental-tobacco-asthma/>. Accessed October 23, 2024. 4. Jacob P 3rd, et al. *Chem Res Toxicol*. 2017;30:270-294.

©2025 AstraZeneca. All rights reserved. US-96749 Last Updated 1/25

# Smoking and Vaping in Asthma—Impacts on Health

## Increased use of e-cigarettes<sup>1</sup>

There was almost a **50% increase** in e-cigarette unit sales between February 2020 and September 2023<sup>1</sup>

Most sold devices are e-cigarettes with **candy or fruit flavors** that appeal to kids and teens<sup>2</sup>

## Vaping can intensify asthma symptoms and trigger asthma attacks<sup>3</sup>



### e-Cigarette aerosol or “smoke” is a mix of harmful chemicals<sup>2</sup>

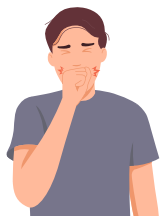
- Nicotine
- Carcinogens
- Chemical flavoring linked to lung disease

## Vape causes breathing difficulties<sup>3</sup>



- Asthma attacks
- Reduced ability of lungs to fight infections

## Secondhand vape causes respiratory symptoms<sup>2</sup>



- Asthma flare-ups
- Shortness of breath
- Wheezing
- Cough
- Increased/thickened mucus

## It's never too late to stop smoking

### Benefits of stopping smoking (even if you have smoked for a long time)<sup>4-6</sup>

- ✓ **Improves** your health and extends your lifespan
- ✓ **Reduces risk** of cancers, heart/lung disease, and stroke
- ✓ **Reduces** coughing, wheezing, and shortness of breath\*
- ✓ **Reduces severity** of symptoms if you have cold or flu
- ✓ **Reduces rate** of asthma attacks and respiratory infections
- ✓ **Slows** the loss of lung function

For resources to **help you quit smoking**,  
scan the QR code



For additional information,  
please visit [luma-edu.com](https://luma-edu.com)

\*If you have asthma or other respiratory problems like chronic obstructive pulmonary disorder.

1. Centers for Disease Control and Prevention. <https://www.cdc.gov/tobacco/e-cigarettes/about.html>. Accessed October 23, 2024.

2. Asthma and Allergy Foundation of America. <https://aafa.org/asthma/asthma-triggers-causes/secondhand-smoke-environmental-tobacco-asthma/>. Accessed October 23, 2024. 3. Global Allergy and Airways Patient Platform. <https://gaapp.org/diseases/asthma/smoking-and-asthma/>. Accessed October 23, 2024. 4. Allergy and Asthma Network. <https://allergyasthmanetwork.org/what-is-asthma/vaping-smoking-with-asthma/>. Accessed October 22, 2024. 5. American Lung Association. <https://www.lung.org/getmedia/c051553f-ed82-4b73-82da-9ecc4cc099d2/Living-with-Lung-Disease-and-Benefits-of-Quitting.pdf>. Accessed October 22, 2024.

6. Centers for Disease Control and Prevention. <https://www.cdc.gov/tobacco/about/benefits-of-quitting.html>. Accessed October 22, 2024.