



The Facts About Secondhand Smoke & Asthma:

- Nearly 2 out of 5 children aged 2 months to 5 years live with at least one smoker.
- An estimated 9-12 million children are exposed to secondhand smoke at home.
- It is estimated that up to 1 million children have aggravated asthma symptoms due to Secondhand Smoke.

What You Can Do

- If you smoke, the best action you can take is to quit for yourself and your children. Choose to quit.
- Call the free Michigan Tobacco Quit Line at 1-800-480-7848 for help.
- Choose not to smoke in your home or car and do not permit others to do so.
- Do not allow babysitters to smoke in your home.
- Choose smoke-free daycare.

For More Information on Tobacco and Secondhand Smoke, Contact:

**Michigan Department of
Community Health**

Tobacco Section

109 W. Michigan Ave.

P.O. Box 30195

Lansing, MI 48913

517-335-8376

If you think your child may have asthma or you have concerns about your child's existing asthma:

- Go to www.getastmahelp.org or call 1-866-EZLUNGS (395-8647) to get more information on asthma triggers, medications, and resources in your area.
- Contact your child's physician about your concerns.
- Talk to your child's physician about developing or revising an asthma action plan.
- Call your local county health department.

*Michigan Department
of Community Health*



*Jennifer M. Granholm, Governor
Janet Olszewski, Director*

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ASTHMA and SECONDHAND SMOKE



What is Asthma?

- Asthma is a chronic disease of the lungs that affects over 646,000 adults and 215,000 children in Michigan. Symptoms may include coughing, wheezing; feelings of chest tightness or pressure; and/or shortness of breath.



- Once a person has been diagnosed with asthma, they will always have the disease, even if their asthma symptoms are mild or seem to stop.
- Asthma can't be cured, but can be controlled. Expect nothing less.
- Asthma is controlled by using asthma medications and by avoiding the things that make a child's asthma symptoms worse.

- Asthma attacks are caused by or "triggered" by many things, including:
 - ◆ use of tobacco and secondhand smoke
 - ◆ dust mites
 - ◆ mold
 - ◆ animal dander
 - ◆ cockroaches
 - ◆ pollen
 - ◆ cold air
 - ◆ perfumes and strong odors
 - ◆ pollution
 - ◆ respiratory infections – bacterial or viral
 - ◆ exercise
 - ◆ emotional influences/stress
 - ◆ weather changes
 - ◆ food additives

Triggers may differ from one person to the next, but the most common triggers are second hand smoke, dust mites, mold, animal dander, and cockroach allergens.

- Asthma causes over 16,000 hospitalizations and 165 deaths in Michigan each year. The rates of these events are higher among children, African-Americans, and women. Most of these events are preventable when a person's asthma is under good control.



What is Secondhand Smoke?

- Secondhand Smoke consists of the smoke given off by cigarettes, cigars, and pipes, and the smoke exhaled by smokers.
- A mixture of chemicals including at least 50 chemicals known to cause cancer.
- Exposure to secondhand smoke can cause heart disease, cancer and lung disease.

Children are Especially Susceptible to Secondhand Smoke.

- The lungs of children are still developing and they have faster breathing rates than adults do.
- Second hand smoke is a common trigger of asthma attacks. It is also linked to the development of asthma in very young children.
- Infants and children who breathe secondhand smoke are more likely to suffer from:
 - ◆ Asthma
 - ◆ Bronchitis
 - ◆ Pneumonia
 - ◆ Respiratory infections
 - ◆ Wheezing and coughing spells
 - ◆ Ear infections
 - ◆ SHS exposure can cause sudden infant death (SIDS).