



Clearing the Air About Marijuana Smoke & Asthma

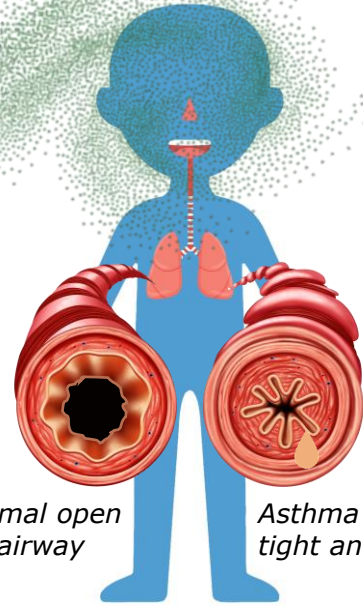
Breathing marijuana smoke or e-cigarette aerosol (mist) can trigger (start) symptoms of asthma like coughing and wheezing.

People with asthma who breathe marijuana smoke or e-cigarette aerosol are more likely to have an asthma attack.

! 58% of marijuana users say they have asthma.



40% of them have uncontrolled asthma.



Normal open airway

Asthma airway, tight and plugged

True or False?

Secondhand marijuana smoke is healthier because it's natural.



False. Secondhand marijuana smoke is a mix of burning marijuana smoke and smoke breathed out. It is very much like secondhand tobacco smoke, so it likely has many of the same health risks.

Using marijuana in an e-cigarette is better than smoking it.



False. The aerosol given off can be as bad as severe pollution and wildfires, which can trigger asthma even indoors.

Doctors want to know and talk about marijuana use and asthma.



True. About 40% of doctors say they ask their asthma patients about marijuana use. Patients should feel free to talk about marijuana use with their doctors.

How to Help

Treat marijuana smoke & e-cigarette aerosol like tobacco smoke.



Only smoke outside and wear a "smoking jacket" that you take off when inside and then wash your hands. Never smoke in the car. Think about quitting smoking marijuana or e-cigarettes.



Smoking in another room, opening a window or smoking while children are gone is not enough to protect them from the dangers of secondhand smoke and aerosol.

For references and to learn more about asthma, visit Michigan.gov/AsthmaControl.

