

Asthma & Smoke

What is asthma?

Asthma is a chronic disease that affects the airways in your lungs. When you have an asthma attack, your airways swell. This makes it hard to breathe.

What are the symptoms of an asthma attack?

- Coughing
- Wheezing
- Shortness of breath
- Tightness or pain in your chest

What is an asthma trigger?

An asthma trigger causes your airways to swell. Asthma triggers include wood smoke and tobacco smoke.

How does wood smoke relate to asthma?

Wood smoke can trigger an asthma attack. Wood smoke can cause lung and heart disease in children who have asthma. Avoid burning wood in your home chimney or backyard fire pit.

How does tobacco smoke relate to asthma?

Tobacco smoke that you inhale from cigars, cigarettes and pipes can cause an asthma attack. When you breathe out the inhaled



smoke, you create secondhand smoke. Smoking and breathing in secondhand smoke can both trigger an asthma attack.

Are you ready to quit smoking?

We are ready to help! Molina Healthcare has a **Stop Smoking Program**. This program is at no cost to members. The program includes:

- One-on-one counseling
- Health education materials
- Nicotine replacement therapy if you are eligible and your provider decides it is right for you

How can you enroll in our Stop Smoking Program?

Members can call our Health Education Department at **(866) 472-9483 (TTY/TDD: 711)** to learn more.

Distributed by Molina Healthcare. All material in this flyer is for information only. It does not replace your provider's advice. To get this information in other languages and accessible formats, please call Member Services. This number is on the back of your Member ID card.