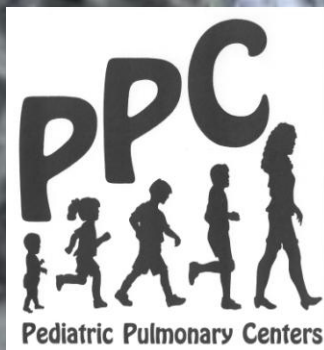


Quit Smoking Now!

Smoking Cessation Resources

1. Free Smoking Cessation Classes
Walter Thompson, MPH, CHES
Health Education Consultant
CHOICES
352-334-7900 Ext. 3421
Walter_JThompson@doh.state.fl.us
2. Quit Smoking Now
Smokefree.gov
3. Suwannee River AHEC
Srahec.org
4. The Quit Line
1-877-U-CAN-NOW
(1-877-822-6669)
floridaquitline.com
5. Freedom from Smoking Online
American Lung Association
www.ffsonline.org



**Pediatric Pulmonary
Division,**
SHANDS Hospital
1600 SW Archer Road,
Room D2-15 Box
100296 Gainesville, FL
32610-0296
Telephone: (352) 273-8380
FAX: (352) 392-4450
<http://www.peds.ufl.edu/divisions/pulmonary/>



**Smoking around
People with
Asthma**

Smoking is Deadly!



- Tobacco use causes more deaths each year than HIV, car accidents, murders and illicit drugs combined!
- Smoking causes **443,000 deaths** each year, that is **1 in every 5 deaths** is a result of smoking.
- Adults who smoke lower their life expectancy by 14 years.

Source: Centers of Disease Control and Prevention.

Secondhand Smoke

Smoking can, not only be harmful to your health but also to the health of those around you.

49,400 people die each year due to secondhand smoke exposure!



Second Hand smoke contains more than 4,000 harmful substances that can cause cancer!

Source: United States Environmental Protection Agency

How does secondhand smoke affect a child with Asthma?

1. Secondhand smoke may cause more asthma flare-ups.
2. The child is more likely to go to the emergency room
3. May cause the child to need more medication.
4. Can cause the development of asthma is non-asthmatic children.

Source: Kidshealth.org

