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
   Srhahec.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
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!

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 in non-asthmatic children.

Source: Kidshealth.org

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

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

Source: United States Environmental Protection Agency