

# Teens, keep breathing!

How to protect yourself from asthma.



# WHAT IS ASTHMA?

PEOPLE WITH ASTHMA OFTEN EXPERIENCE DIFFICULTY EXERCISING, CHEST PAIN, SHORTNESS OF BREATH, AND TROUBLE SLEEPING. ASTHMA CAN WORSEN THE SYMPTOMS OF EXISTING ALLERGIES




ASTHMA IS A DISEASE THAT MAKES IT DIFFICULT FOR PEOPLE TO BREATHE. IT CAN BE GENETIC OR CAUSED BY ENVIRONMENTAL FACTORS.

# WHY BE CONCERNED?

- ASTHMA IS NOT JUST GENETIC, IT CAN BE CAUSED BY ENVIRONMENTAL FACTORS. IT IS NOT UNCOMMON FOR SOMEONE TO DEVELOP ASTHMA LATER IN LIFE.
- PEOPLE WHO SMOKE OR VAPE ARE MUCH MORE LIKELY TO DEVELOP ASTHMA THAN THOSE WHO DO NOT.
- COMMON ENVIRONMENTAL ISSUES LIKE AIR POLLUTION CAN BE WORSE BECAUSE IRRITANTS IN THE AIR CAN AFFECT AIRWAYS AND CAUSE INFECTIONS.



# DATA

- IN WASHINGTON STATE, THE USE OF E-CIGS FROM 2016 TO 2017 FOR PEOPLE OF AGES 18-24 WAS FROM 9.2 TO 12.4%. **THIS IS HIGHER THAN ALL OTHER AGE GROUPS.**
  - LIVING NEAR NEAR ROADWAYS WITH HEAVY TRAFFIC CAN CAUSE ASTHMA OR MAKE IT WORSE. **THE MAJORITY OF PEOPLE LIVING IN THE GREATER SEATTLE AREA LIVE NEAR HEAVY TRAFFIC ROADWAYS.**
  - OVERALL AIR QUALITY IN WASHINGTON STATE IS GOOD, BETWEEN LEVELS OF 0-50 AIR QUALITY INDEX. **THIS IS LIKELY TO DECLINE AS USE OF UNCLEAR ENERGY AND ENVIRONMENTAL DAMAGE CONTINUES.**
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