

# WHAT IS ASTHMA?

A chronic disease that causes inflammation or swelling in the airways.



## SIGNS/SYMPTOMS

- Shortness of breath
- Coughing
- Wheezing
- Chest tightness

## WHAT HAPPENS DURING AN ASTHMA ATTACK?

The airways swell and create high amounts of mucus. The swelling and mucus production along with the tightening of the muscles cause the openings of the airway to get smaller.

## HOW CAN I CONTROL MY ASTHMA?

- Work alongside your doctor to create an asthma treatment/action plan.
- Know your asthma triggers.
- Keep an asthma diary to record triggers, medications, doctor's visits and more.
- Use your medication properly.

## WHAT ARE THE SIGNS OF A MEDICAL EMERGENCY?

- Blue lips or finger nails
- Having a hard time walking or talking.
- Slow breathing rate
- Having trouble breathing
- Chest pressure or pain.

## COMMON TRIGGERS

- Air pollution
- Tobacco smoke
- Pet hair
- Pollen
- Strenuous exercise
- Dust
- Mold
- Virus Infection
- Insect droppings

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## PREVENTING TRIGGERS

- Keep objects that collect dust out of bedrooms.
- Use heap filters in rooms throughout the house.
- Keep the humidity levels of air down in your home.
- Do not let others smoke in your home or car.

*\*Avoiding triggers can help decrease the amount of asthma attacks experienced\**

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## ASTHMA MEDICATIONS

- Controllers: used to treat asthma on a regular bases by helping to decrease inflammation in the airways. These can be taken by mouth, inhalation, or injection.
- Quick relief medications: used to treat asthma attacks or help relieve symptoms quickly. These are typically taken with inhalers.