

# Asthma

Asthma is a disease that affects your lungs. It is one of the most common long term health problems of children and adults. It causes wheezing, trouble breathing, chest tightness, and coughing at night or early in the morning. If you have asthma, you have it all the time, but you will have attacks only when something bothers your lungs.

## Symptoms

An asthma attack happens in your body's windpipes, which are the paths that carry air to your lungs. As the air moves through your lungs, the windpipes become smaller. During an asthma attack, the sides of the windpipes in your lungs swell and the windpipes shrink. Less air gets in and out of your lungs, and mucous that your body makes clogs up the windpipes.

An asthma attack may include:

- Coughing
- Chest tightness
- Wheezing
- Trouble breathing



## Common Triggers

We don't know for sure what causes asthma, but we do know that attacks are sometimes triggered by:

- Allergens (like pollen, mold, animal allergen, and mites)
- Workout
- Workday risks
- Tobacco smoke
- Air pollution

## How is Asthma Treated?

To control your asthma, take your meds exactly as your doctor tells you and stay away from things that can cause an attack. All people with asthma does not take the same meds.

You can breathe in some meds and take other meds as a pill. Asthma meds come in two types—quick aid and long term control. Quick aid meds control the symptoms of an asthma attack. If you need to use your quick aid meds more and more, visit your doctor to see if you need a different med. Long term control meds help you have less and milder attacks, but they don't help you while you are having an asthma attack.