Breathe easier by controlling asthma

Asthma affects more than 25 million people in the U.S.

18.7 million adults

6.8 million children

Asthma symptoms

- Wheezing, coughing, shortness of breath, tightness in the chest
- Difficulty breathing after exercise
- Coughing and wheezing at night
- Chronic coughing that lasts for weeks after a cold
- Cough or trouble breathing during the day with asthma triggers

Asthma triggers

- Seasonal
  - Pollen allergens, temperature changes
- Environmental
  - Allergens, air pollution, dust and mold, animal dander
- Exercise-induced
  - Playing sports, strenuous activities

Asthma treatment

- Identify and avoid triggers. Keep a journal and make note of potential triggers to avoid in the future.
- See your doctor. Schedule frequent checkups to discuss symptoms and treatments.
- Take your medicines as prescribed. Certain medications are better for sudden attacks, while others are meant to control your condition long term.
- Create an asthma action plan with your doctor. This includes how to take your medicines, prevent flare-ups and when to seek emergency care.

Sources: Centers for Disease Control and Prevention
American Academy of Allergy, Asthma & Immunology