

ASTHMA

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LIVING WITH
CHRONIC LUNG
DISEASE

WHAT IS ASTHMA ?

ASTHMA IS A CHRONIC
LUNG DISEASE THAT MAKES
IT DIFFICULT TO BREATHE.



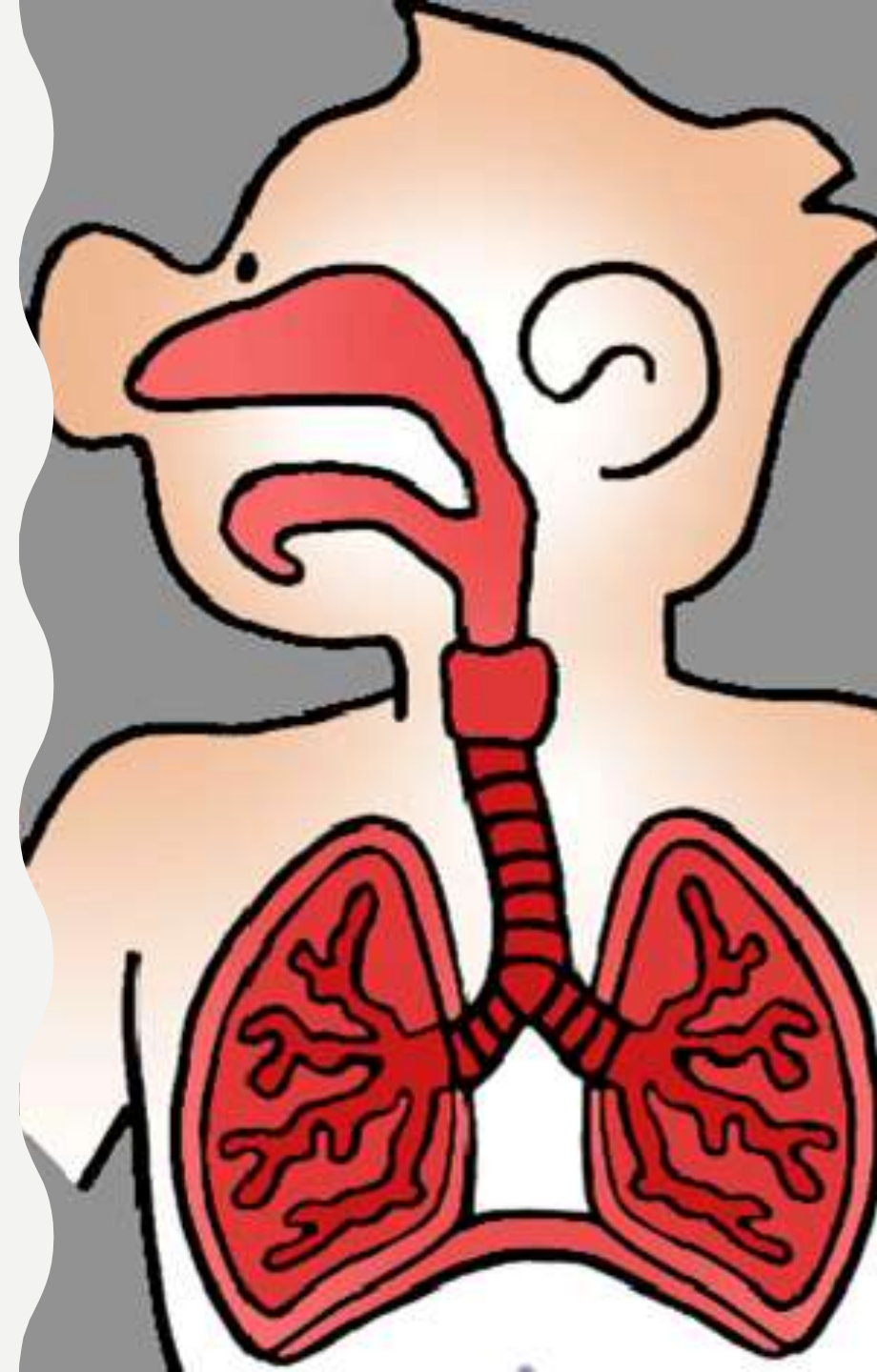
WHY IT'S HARD TO BREATHE

Lungs

Your lungs are inside your chest. They have airways that fill with air that help you to breath.

When you have asthma, your airways narrow and swell and produce extra mucus.

This makes breathing difficult and triggers coughing, wheezing and shortness of breath.



ASTHMA IS VERY COMMON

For some people, asthma is a minor nuisance.

For others, it can be a major problem that interferes with daily activities and may lead to a life-threatening asthma attack.



ASTHMA CAN BE SCARY

An asthma attack can be frightening:

- Chest pain
- Fast breathing
- Very high fever
- Wheezing
- Non stop cough





HOW DOES ASTHMA MAKE YOU FEEL?

- You cough a lot, especially at night
- You make whistling sounds when breathing out.
- You get colds frequently.
- Sometimes you have difficulty breathing.

AVOID TRIGGERS

What causes an asthma attack?

- Pollen
- Animals
- Dust
- Smoke and Tobacco
- Colds and Infections



TREATING ASTHMA

There are several ways to treat chronic asthma:

- Use an inhaler
- Take prescribed medication
- Ask your doctor about a relaxer medication that relieves asthma.



TIME TO CALL THE DOCTOR

Severe asthma attacks can be life-threatening. **Call your doctor immediately** when you experience these signs:

- Rapid worsening of shortness of breath or wheezing
- No improvement even after using a quick-relief inhaler, such as albuterol



LIVING WITH ASTHMA

Although asthma can't be cured, its symptoms can be controlled.

Asthma often changes over time. It is very important that you work with your doctor to adjust treatment as needed.



**REMEMBER,
ASTHMA IS A
COMMON
CONDITION THAT
IS TREATABLE.**



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REFERENCES

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CREDITS

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