

# Asthma Fact Sheet



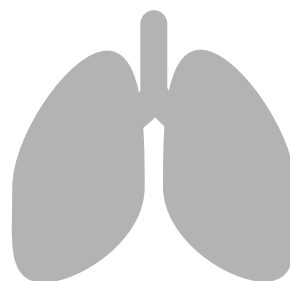
## What is Asthma?

Asthma is a chronic disease involving the airways in the lungs. These airways, or bronchial tubes, allow air to come in and out of the lungs.

If you have asthma your airways are always inflamed. They become even more swollen and the muscles around the airways can tighten when something triggers your symptoms. This makes it difficult for air to move in and out of the lungs, causing symptoms such as coughing, wheezing, shortness of breath and/or chest tightness.

## Symptoms of an Asthma Attack:

- Wheezing
- Coughing
- Shortness of breath
- Chest tightness or pain



## Know Your Medication

There are 2 types of medication and it is very important to know the difference between them. Knowing the difference could save your life.



### Preventative Medicine

This is taken everyday for as long as you're instructed by your doctor.



### Rescue Medicine

This is taken when you are experiencing an asthma attack.

## Regular check-ups are important to asthma management

Regular check-ups are important to the diagnoses and management of asthma. If you suspect that you have asthma, contact your provider to schedule an appointment.