Get the facts about **ASTHMA**

**MYTHS**

- **Asthma can be cured.**
- **You only have asthma when you have trouble breathing.**
- **Asthma attacks are always sudden and severe.**
- **Asthma medication is only used when a person is having an asthma attack.**
- **Children can outgrow asthma.**
- **Moving to a dry climate can cure asthma.**
- **Allergies have nothing to do with asthma.**
- **People with asthma shouldn’t exercise.**

**FACTS**

- **FACT:** There is no cure for asthma, but with regular treatment, it can be controlled, allowing patients to live full and productive lives.
- **FACT:** Asthma is a chronic condition, meaning it is there all the time. People with asthma have airway inflammation even when no symptoms are present.
- **FACT:** Most asthma attacks develop slowly with a gradual increase in symptoms like chest tightening, breathlessness, coughing, and wheezing. Recognizing your symptoms early can help you address the issues before an asthma attack becomes severe.
- **FACT:** Medications are one of the most important tools for managing asthma symptoms and preventing them from getting worse. These include daily and long-term controller medicines, which are different from the medicines used to deal with an asthma attack. What’s important is to take your medicines as prescribed every day even if you don’t experience any symptoms.
- **FACT:** Asthma is not a disease you outgrow. Symptoms can improve or resolve during adolescence and adulthood, but the disease never goes away.
- **FACT:** A change in environment may have a temporary impact on improving asthma symptoms, but it won’t cure the disease. Reducing the asthma triggers in your environment may be more helpful than moving to a different climate.
- **FACT:** Roughly 70% of people with asthma also have allergies. Allergies increase lung inflammation and can trigger coughing, wheezing, and shortness of breath. When allergies are effectively treated, asthma symptoms often improve.
- **FACT:** Exercise is a critical element in healthy living, particularly for those with asthma. Regular exercise helps improve lung function. Additionally, weight loss reduces the risk of asthma and helps people with asthma breathe easier.

Don’t let misconceptions about asthma prevent you from getting the support you need to improve your breathing. Learn more by going to [www.chestnet.org/asthmainfo](http://www.chestnet.org/asthmainfo)

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