Asthma is a chronic (long-term) condition of the lungs, in which the airways become swollen, inflamed, and clogged with mucus and fluid. Muscles surrounding the airways tighten and contract as they try to keep the passageways open, which makes it hard to breathe.

COMMON ASTHMA TRIGGERS
A trigger is anything that causes the airway to tighten or twitch

- House dust
- Molds
- Animal dander
- Cockroaches
- Smoking
- Outdoor allergens
- Strong smells
- Weather
- Infections
- Heartburn

LEADING SYMPTOMS

- Shortness of breath
- Coughing
- Chest tightening
- Wheezing
- Fatigue

Asthma is a long-term disease that usually begins in childhood and never goes away. But asthma can be controlled and effectively managed. That’s why it is important for you to seek out a health-care provider who can work with you to improve your breathing. Learn more by going to www.chestnet.org/asthmainfo