ASTHMA IN CHILDREN

Asthma is a long-term, or chronic, disease that causes the airways in your lungs to swell, become inflamed, and clog with mucus. The muscles in your chest tighten as they try to keep your airways open, and that tightening can make it hard to breathe.

DID YOU KNOW?

Asthma can run in families.
Asthma appears more frequently in children who are obese or exposed to tobacco smoke.
Asthma symptoms can become worse with colds, exercise, allergies, tobacco smoke or other irritants to the breathing tubes.
The younger the age of diagnosis, the greater the chance a child will outgrow asthma.

WHAT TO LOOK FOR

Common symptoms of asthma in children include:
- coughing spells
- wheezing or whistling sound when the child exhales
- shortness of breath
- rapid breathing periodically
- chest tightness
- chest pain
- tiredness and/or less energy during play from poor sleep
- coughing or wheezing that worsens with a cold or flu

If you suspect your child may have asthma, see your doctor as soon as possible.
To learn more about the triggers, risks, diagnosis, treatment, and prevention of childhood asthma, go to [www.chestnet.org/Foundation/Patient-Education-Resources/Asthma](http://www.chestnet.org/Foundation/Patient-Education-Resources/Asthma).