



Managing Your Asthma

MYTHS BUSTED

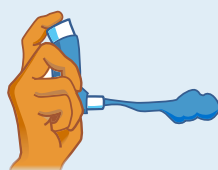
All people with asthma have the same symptoms.

Although most people with asthma have mild symptoms, some people with asthma have more severe and frequent symptoms and may require multiple medications to help manage their asthma.

Ask your doctor: "How severe is my asthma?"



It is normal to use your rescue inhaler every day.



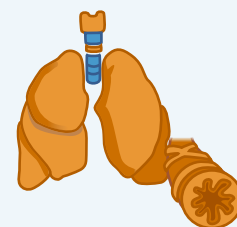
Using your rescue inhaler frequently may be a sign that your asthma is worsening and becoming uncontrolled asthma. Waking up at night with asthma symptoms or missing work or school are also symptoms of uncontrolled asthma.

Ask your doctor: "What else can I do for my asthma?"

There is only one type of asthma.

There are several types of asthma based on the type of inflammation involving the airways of the lung, which can be determined by doing simple tests. Whether your asthma is driven by allergies or a specific type of inflammation may help your doctor find a treatment for you.

Ask your doctor: "What type of asthma do I have?"



There's no relationship between asthma and nasal polyps.



Nasal polyps are noncancerous growths that block nasal passages resulting from prolonged inflammation. Nasal polyps can restrict breathing and affect the sense of smell. Patients with nasal polyps often have coexisting asthma, which together can worsen respiratory symptoms.

Skin disease, like eczema, has nothing to do with asthma.

Eczema (atopic dermatitis) is a skin condition where the skin becomes inflamed, scaly, and itchy. It is caused by an allergic reaction on the skin. It is more frequent in children and may increase the likelihood of developing asthma.

If you have any of these conditions, be sure to talk to your asthma specialist about them so that you obtain a coordinated, up-to-date, and effective treatment plan.



To learn more, go to foundation.chestnet.org/lung-health-a-z/asthma/