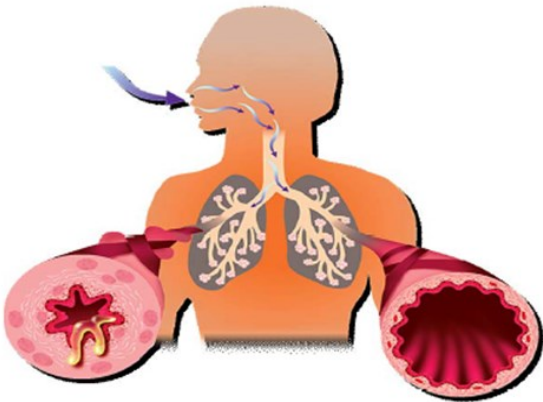


What Is Asthma?

Asthma is a life-long breathing problem that affects nearly 7 million children in the United States. Asthma cannot be cured, but it can be controlled. Your child can live a normal life and do the things that they want to do. The two most important things that can help control their asthma are taking medications as directed and knowing when they are having an asthma attack.



Asthma affects the airways in the lungs. People with asthma have airways that are extra sensitive to different things in the environment. When people with asthma breathe in these things, the airways react to them and become inflamed and swollen. The airways produce more mucus and the muscles around the airways tighten. Air can't get through the airways and it is harder to breathe.

Important facts about Asthma

- Asthma is not contagious.
- Asthma often runs in families that have a history of allergies and asthma.
- Asthma can also be triggered by things in the environment such as pollens, dust mites, pet dander, mold, tobacco smoke, and cold air.

How can I tell if my child has asthma?

Some of the symptoms related to asthma include:

- Dry cough, often worse at night
- Wheezing (a whistling sound when breathing in or out)
- Shortness of breath
- Feeling of tightness in chest.
- Breathing faster than normal for age.