

Asthma

- ▶ Asthma is a disease that affects how you breathe



- ▶ It causes extra mucus to form in the airways of your lungs, which makes it harder to breathe.

Asthma can cause:



Chest tightness



Coughing



Waking up at night



Wheezing

Asthma Medications

► Your doctor can give you medicines to make you feel better.

- **RESCUE MEDICINE** gives quick relief.
- **CONTROL MEDICINE** should be used every day. It works slowly, but lasts longer.



INHALERS AND SPACERS HELP YOU BREATHE ASTHMA MEDICINE INTO YOUR LUNGS.

► Some things in our environment can make asthma worse. These are called **TRIGGERS**.

 dust mites	 cigarette smoke	 strong smells
 air pollution	 cleaning supplies	 furry pets
 trees and grass	 pesticides	 hard exercise

Additional triggers: mold, air pollution, emotions, weather changes, colds, dust

