

WHAT IS ASTHMA?

Asthma is a chronic lung disease that causes the airways to become inflamed and narrow.

OVER 24 MILLION

people in the United States have **ASTHMA**

..... Symptoms



Chest Pain



Wheezing



Sleeping Problems



Coughing

..... Triggers



Pollen



Respiratory
Illness



Smoke



Dust



Mold



Pet Dander



Air Pollution



Perfume

..... Management



Work with your health care provider to create an **Asthma Action Plan** for you or your child.



Take your FDA-approved asthma medications correctly to **prevent** further damage to your lungs.