

LEARN ABOUT ASTHMA



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information, contact your health care provider or visit the Centers for Disease Control and Prevention at www.cdc.gov.

What is Asthma?

Asthma is a long-term lung condition that causes your airways to swell and narrow, making it hard to breathe. It can happen to anyone, but it often begins in childhood.

Symptoms

- Wheezing (a whistling sound when breathing) at night or early in the morning
- Shortness of breath
- Chest tightness
- Coughing, especially

Triggers

- Allergens such as dust, pollen, or pet dander
- Smoke, including cigarette smoke
- Air pollution
- Physical activity or exercise
- Cold air
- Stress
- Respiratory infections

How Is It Treated?

Although there is no cure for asthma, it can be effectively managed through:

- Quick-relief medications, such as inhalers, to treat sudden symptoms
- Long-term control medications, taken daily to prevent symptoms
- Avoiding known triggers and following a personalized asthma action plan

Recommendations for Living with Asthma

- Take medications exactly as prescribed
- Monitor breathing using a peak flow meter
- Maintain a clean, smoke-free home environment
- Follow your asthma action plan consistently
- Consult your healthcare provider regularly to review and adjust your treatment plan