



ASTHMA

What is Asthma?

Asthma is a disease of the airways. It causes wheezing, breathlessness, chest tightness, and coughing.

Your airways are the tiny tunnels that carry air to your lungs. Asthma makes the airways swell and limits the flow of air.

What should I do?

You should always work with your doctor to see what is the best way for you to control your asthma. Your doctor may recommend:

- Medications
- A “Peak Flow” meter (helps you test your breathing at home)
- Avoiding things that make your asthma bad
- Getting a flu shot every year
- Eating a well balanced diet so you keep your body healthy

