

A 28-year-old female presents with recurrent episodes of wheezing, shortness of breath, and chest tightness, particularly at night and early morning. The patient reports that these symptoms often worsen with exercise, exposure to cold air, or during allergy seasons. She mentions using an inhaler occasionally, which provides temporary relief. Lung function tests reveal reversible airflow obstruction with a 15% improvement in FEV1 after bronchodilator administration. Physical examination during an acute episode shows audible wheezing and prolonged expiration. The patient has a family history of allergies and eczema. A trial of inhaled corticosteroids and a short-acting beta-agonist is initiated, and the patient is advised to keep a symptom diary and avoid known triggers.