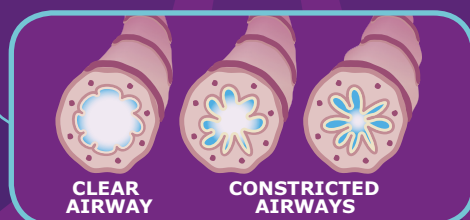


ASTHMA

is a chronic (long-term) condition of the lungs, in which the airways become swollen, inflamed, and clogged with mucus and fluid. Muscles surrounding the airways tighten and contract as they try to keep the passageways open, which makes it hard to breathe.



10.5 MILLION
MISSED SCHOOL DAYS
FOR CHILDREN EACH YEAR



14.2
LOST WORKDAYS
PER ADULT EACH YEAR



\$60 BILLION
ESTIMATED COST OF ASTHMA
IN THE US EACH YEAR

COMMON ASTHMA TRIGGERS

A TRIGGER IS ANYTHING THAT CAUSES THE AIRWAY TO TIGHTEN OR TWITCH

HOUSE DUST



OUTDOOR
ALLERGENS

MOLDS



STRONG SMELLS

ANIMAL
DANDER



WEATHER

COCKROACHES

INFECTIONS

SMOKING



HEARTBURN

LEADING SYMPTOMS

SHORTNESS OF BREATH

COUGHING

CHEST TIGHTENING

WHEEZING

FATIGUE



Asthma is a long-term disease that usually begins in childhood and never goes away. But asthma can be controlled and effectively managed. That's why it is important for you to seek out a health-care provider who can work with you to improve your breathing. Learn more by going to www.chestnet.org/asthmainfo