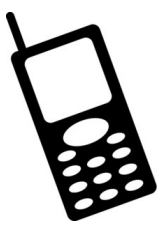


ASTHMA: WHAT IS IT?

- Asthma is a lung disease that can make it hard to breathe.
- Asthma cannot be cured. You have asthma even when you feel fine and your asthma can get worse at any time.
- We also know that **asthma problems can be controlled** with help from your doctor.

IS YOUR ASTHMA UNDER CONTROL?

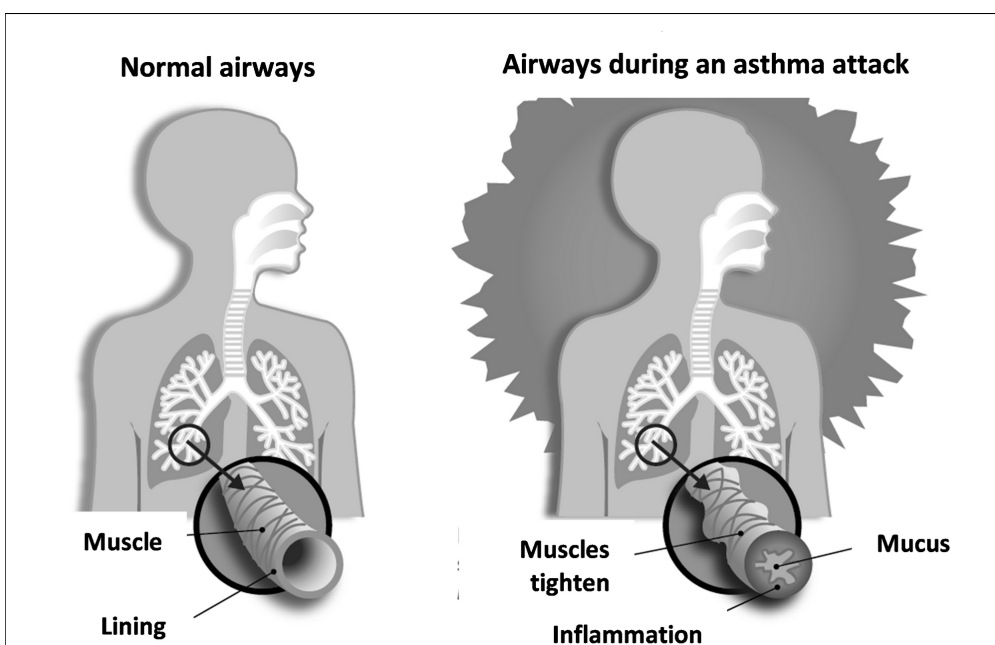
- Do you have asthma symptoms more than **2 days a week**?
- Do you use your quick relief medicine (usually Albuterol) more than **2 times a week**?
- Do you wake up at night with asthma symptoms **more than 2 nights a month**?
- Do you have a hard time doing your normal activities at work or school?
- Have you stayed at the hospital or gone to the emergency room in the last year?



**If you answer yes to any of these questions,
your asthma is not under control.
Call your doctor soon to schedule an appointment.**

THE LUNGS AND ASTHMA

- The air that we breathe goes from our mouth and nose to our lungs.
- The lungs are made up of airways that get smaller and smaller, like the branches of a tree.
- When you have asthma the airways in your lungs can be very sensitive.



When asthma is under control the airways are **wide open** and it is **easy to breathe**.

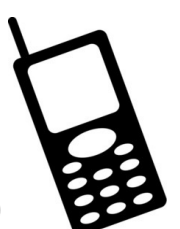
- Tiny muscles squeeze & tighten around the airways like rubber bands.
- The inside of the airways get swollen.
- The inside of the airways make thick, sticky mucus.

When asthma is **NOT** under control the airways are **narrow** and it becomes **harder to breathe**.

Source: Adapted from Picture Cards for the manual "A Breath of Live: Asthma Control for my Child." National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services.

FOR ASTHMA QUESTIONS OR PROBLEMS CALL:

Your clinic at (303)_____ or the
Asthma Advice Line: 303-739-1313 (available 24 hours/day)





ASTHMA TRIGGERS, SYMPTOMS, MEDICATIONS

What Triggers Asthma?

Triggers are things that can make your asthma worse. They can cause the airways in your lungs to narrow, making it hard to breathe.

Triggers can be things you are allergic to (allergens) or things that irritate the lungs (irritants).

Allergens: pollen (grass/trees); pets; mold; cockroaches; dust mites

Irritants: tobacco smoke; perfumes; cleaning products; air fresheners

Other triggers: colds; weather changes; exercise; emotions

- **Keep your lung tubes healthy: try to stay away from your triggers.**
- **Be prepared! Always have your quick relief medicine with you.**
- **Check air quality forecasts: www.airnow.gov**

What are asthma symptoms?

Symptoms are what you feel or see when you have problems with your asthma.

Symptoms are different for everyone. They may not bother you much or you may feel very sick if your asthma is out of control.

Common asthma symptoms:

- Cough
- Wheezing
- Chest tightness or pain
- Difficulty breathing/feeling out of breath
- Fatigue/tired feeling

Know your symptoms and take action!

Use your quick relief-medicine when you first notice symptoms.

What makes asthma better?

Everyone with asthma needs to have a **quick-relief medicine** (like Albuterol).

- Keep this medicine with you at all times; take it with you whenever you leave your house.
- Use this medicine right away when you feel your asthma getting worse as it quickly helps the muscles around the airways relax and loosen which makes it easier to breathe.

You may need to take daily **controller medicines**.

- You do not feel different right after taking these medicines; they help you feel better over time.
- They control swelling inside your airways which, over time, make it easier to breathe.
- If you stop taking them the swelling returns and your asthma can get worse again.