

# Asthma

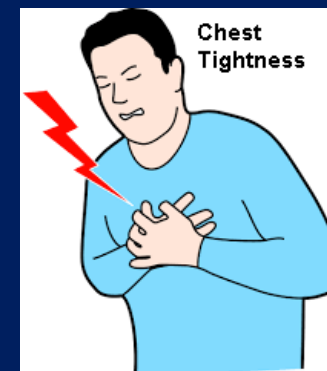
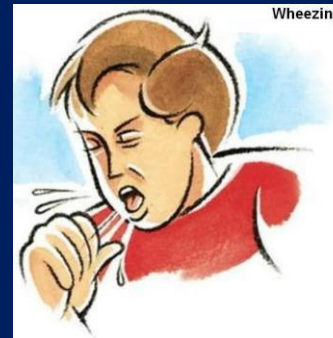
## Asthma



Asthma is a chronic disease of the airways that makes breathing difficult. With Asthma, there is inflammation of the air passages that results in a temporary narrowing of the airways that carry oxygen to the lungs.

## What are the symptoms of asthma?

- Wheezing
- Cough
- Shortness of breath
- Difficulty in breathing
- Chest tightness



# What happens during an asthma attack?

- Airways swell up and produce excess mucus
- Muscles around airways become tight
- Air gets trapped inside air sacs (alveoli) of the lungs

## Common Triggers

Smoking



Dust & mites



Pests



Change in seasons



Pets



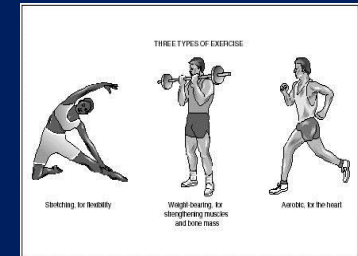
Pollens



Molds



Strenuous Activities



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