



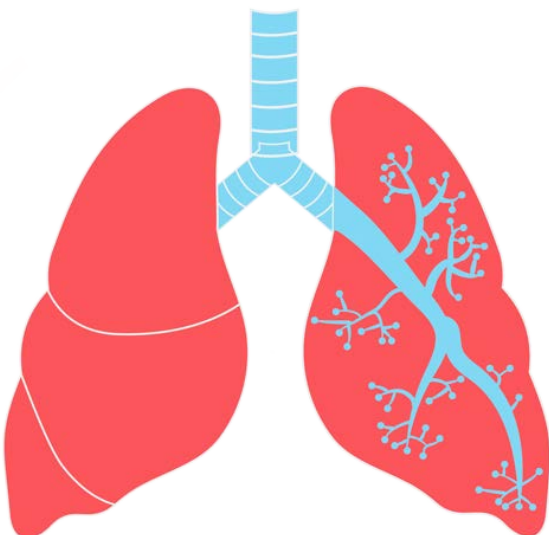
What is asthma?

Asthma is a health issue that affects the lungs. Airways swell and make it hard to breathe.

Asthma Triggers

Triggers make asthma worse and can cause an attack. Some common triggers are:

- Tobacco smoke
- Air pollution
- Dust
- Cockroaches
- Pet fur
- Pollen
- Being active
- Cold or the flu
- Meds like aspirin
- Stress



Signs of an Asthma Attack

- Coughing - worse at night and early in the morning
- Wheezing - whistle sound when you breathe
- Chest tightness
- Shortness of breath

Taking Care of Asthma

Talk with your doctor about:

- Asthma meds
- Asthma triggers and how to avoid them
- Quitting smoking

Why Quit Smoking

You can't get rid of asthma, but quitting can make your lungs work better. You are less likely to have:

- Swollen airways
- Shortness of breath and coughing
- Hospital stays due to asthma