



THE LUNG LAB

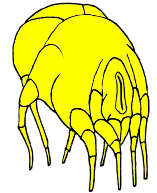
WHAT IS ASTHMA?

What is asthma?

Asthma is a condition that makes it harder to breathe. It affects the tiny tubes in people's lungs called airways that carry air in and out of the body. If you have asthma your airways are often red and swollen. When these airways come into contact with an asthma trigger, they become narrower making it harder to breathe.

What is an asthma trigger?

A trigger is anything that troubles the airways and starts off a person's asthma. The house-dust mite is the number one asthma trigger affecting up to 48 per cent of people with asthma. Other common triggers are pollen, cigarette smoke, furry or feathery pets, exercise, air pollution, laughter and stress. Everybody's asthma is different and everyone will have his or her own triggers. Most people have several.



Is asthma common?

Very! In fact, 150 million people around the world have asthma.

What does asthma feel like?

Some people cough. Others feel short of breath or get a tight feeling in their chest. This is because their lungs have to work extra hard to get air through the narrowed airways. Other people wheeze (a whistling sound from the chest) when they breathe in and out. This is because the air in their lungs is being forced through a narrower tube - like breathing through a straw.

Can I catch asthma from my friends?

No, impossible! Asthma isn't an infectious disease.

When does asthma start?

Asthma can start at any age. Some people get symptoms as children which disappear in later life. Others develop asthma as adults, without ever having had symptoms as a child.

Is it serious?

Everybody's asthma is different. Some people have very mild asthma and hardly ever get any symptoms. If you do get asthma - don't worry! Follow the advice of your doctor or asthma nurse, and you'll be able to do all the things that you want to do - just like everybody else. Your doctor will probably give you medicine to help you to breathe more easily. And learn what your triggers are so you can try and avoid them.



LEARNING STORE

www.bootslearningstore.com