What is Asthma?

- Chronic inflammatory disorder of the airways
- Usually reversible
- Not yet curable
- Manageable
- Not contagious

What does an asthma episode feel like?

- Jog in place for 2 minutes.
- Place a straw in your mouth, and breathe only through the straw by pinching your nose closed.

How do you feel?

What happens during an asthma episode?

Airways narrow, caused by

- A tightening of the muscles that surround the airways
- A swelling of the inner lining
- An increase in mucus production

Cross section of airways before and during an asthma attack.

Normal | Spasm | Spasm and edema | Spasm, edema, and mucus
Asthma Symptoms
• Coughing
• Wheezing
• Chest tightness
• Shortness of breath

Asthma Triggers
Indoor environmental triggers
Secondhand smoke, molds, dust mites, cockroaches, pets

What to Do
• Take medication.
• Monitor peak flow.
• Consult with your physician.
• Reduce or avoid environmental triggers.

Where to Go for Help
Contact your local doctor, pharmacist, or county Extension agent.
Asthma is a disease of the respiratory system. Your respiratory system is made up of your nose and mouth, your lungs, and a bunch of air tubes that connect your nose and mouth with your lungs.