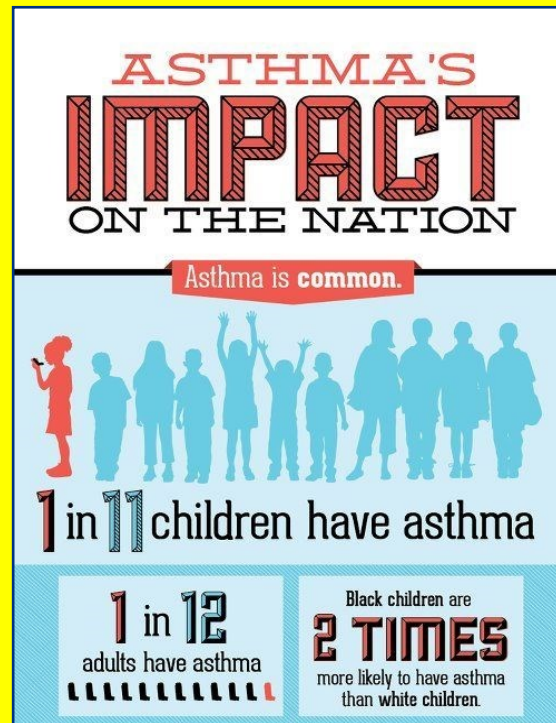


What is Asthma?

Asthma is a disease that makes it difficult for air to enter the lungs. It can affect people of all ages.

With asthma, swollen airways become more sensitive to certain triggers that may exist around you.

In the presence of these triggers, the airways may tighten more and make it even harder to breathe.



Source: Asthma's Impact On the Nation, CDC



How can I find out if I have asthma?

How do I best manage my asthma?

Are things at home, school or work making my asthma worse?



How do I reduce my asthma triggers?

Am I using my medication correctly?

What are the warning signs of an asthma attack?

Do I have an asthma action plan?