



What is Asthma?

Asthma is a chronic condition of the lungs in which the air passages become inflamed, making it hard to breathe.

Asthma is characterized by recurrent episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing.



LEARN MORE AT:

www.ControlAsthmaHI.com

How Is Asthma Treated?



There are two main types of asthma medications: **quick-relief** (or fast-acting) and **maintenance** (or everyday). Quick-relief medicine works fast to open the airways. Maintenance medicine is taken every day to help prevent asthma attacks.



What Causes An Asthma Attack?

An asthma attack results in trouble breathing. Many different asthma "triggers" cause this to happen. Some of the most common asthma triggers are:

- VOG
- Tobacco and vape smoke
- Dust mites
- Cockroaches & their droppings
- Pet dander
- Mold
- Smoke from burning wood or grass
- Perfume
- Chalk dust
- Outdoor air pollution
- Hard exercise
- Bad weather
- Some foods
- Respiratory infection



How Is Asthma Controlled?



Although asthma cannot be cured, it can be controlled by:

- Taking an Asthma Control Test
- Taking medication as prescribed
- Avoiding asthma triggers
- Making an Asthma Action Plan
- Enrolling in an asthma self-management education program, such as those offered by the American Lung Association in Hawaii