

Patient Stories: Steve's Journey to Understanding Asthma Attacks

"It was a scary, scary experience. The youngest I can remember was being rushed to the hospital because I couldn't take a deep breath."

"It was like kind of like breathing through like a straw. Like if you hold your nose, try to breathe through a straw, there's not much air going in and then once you get enough air in, it's like it stops you. Can't inhale it anymore. That's it. So it's like a-- then you start panicking. The panic is what makes it even worse, so then your mom, your parents, they start panicking. They want to rush to the hospital, so-- and that-- that was the first time I ever remember going through something like that, especially as a kid."

"I want to say it's probably been a total of six times. Six times where I've had severe scares where the medicine wasn't working or it wasn't getting into my lungs properly. For whatever it may be, I just could not breathe."

"You don't want to freak out, because obviously it'll flare up the symptoms themselves, so just staying calm, doing little breathing exercises, put your hands over your head to try to stretch your lungs out a little bit, stretch your airways out, walk around taking deep breaths. Usually all that kind of helps out big time."

"I think the last time I really had one I was young. I think I was 14, so it's been a long time since I've had something like that, but I also have years of experience of how to control it, how to stay calm, because your mind does control the body."