

# Focus On: Asthma

Asthma is a lifelong condition that can make it hard to breathe.

It causes the airways that lead to the lungs to swell and get inflamed.

The airways tighten and narrow.

This makes it hard to breathe, and you may wheeze or cough.

These flare-ups are also called asthma attacks.

Asthma is treated with medicines to help you breathe easier. Most asthma medicines are inhaled.

Some medicines are taken regularly to reduce inflammation in your lungs and prevent flare-ups.

Other medicines are taken just when you need them. They open the airways quickly if you start having symptoms.

Treatment also includes self-care by avoiding the things that make your symptoms worse, such as smoke, dust, or pet dander. These are called asthma triggers.

To learn more about asthma, talk to your doctor.