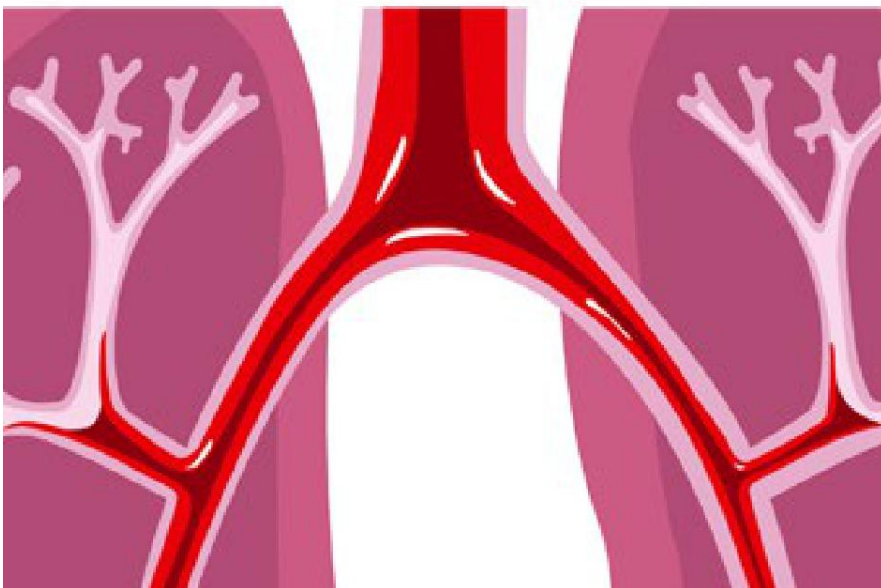
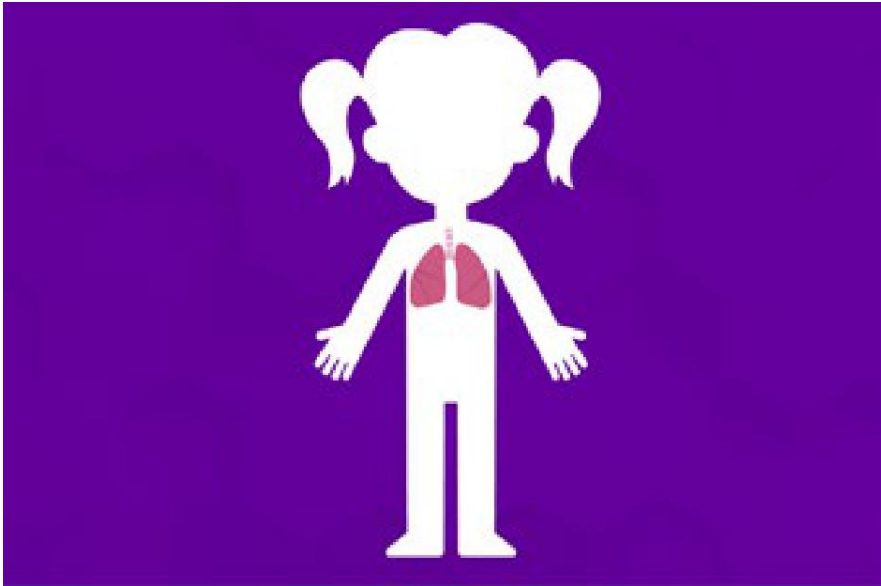




Asthma



Overview

Sometimes you have trouble breathing. You feel like you can't get enough air, even when you try your hardest. The doctor says you have "asthma." Let's learn more about it.

Your airways

Asthma is a problem with your airways. These are the tubes that carry air to your lungs. With asthma, sometimes your airways swell on the inside. They get very tight. This makes it hard for air to move through them.

Hard to breathe

Kids who have asthma can breathe just fine a lot of the time. But when asthma starts acting up, breathing is hard. Lots of kids say asthma makes it really hard to breathe air out. And you may hear a sound we call "wheezing." When asthma acts up suddenly, we say you're having an "asthma attack."

Why it happens

What causes your asthma to act up? Well, it happens to different kids for different reasons. It may act up when you run and play in cold air. It might happen when you're around things you're allergic to, like pets or trees. Your asthma can even act up when you're upset or stressed. There are many causes.

How we treat it

How do we make asthma better? Well, you can stay away from things that make your asthma act up. Your doctor can give you medicine to help you breathe more easily. And, your doctor can show you how to test your breathing so you can watch for problems. By doing what the doctor says, you can stay safe and healthy.