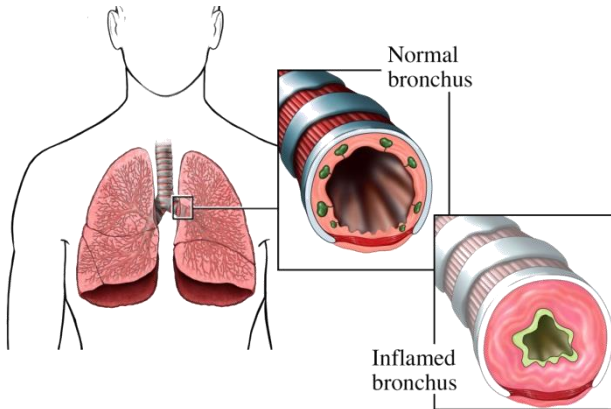


**Asthma is a lung disease.**  
There is no cure, but you can control it.

### 1. What causes asthma



#### Bronchus: The air tubes in your lungs.

1. Healthy air tubes are open.
2. It's easy to breathe in and out.

#### Asthma happens when:

1. Muscles squeeze around air tubes.
2. Lining of air tubes swells.
3. Mucous fills air tubes.

The air tubes are now small.  
It's hard to breathe in and out.

**Triggers** are things that cause asthma symptoms. You may have one or many triggers.

#### Common asthma triggers include:

- |   |   |
|---|---|
| <input type="checkbox"/> Smoke          | <input type="checkbox"/> Dust mites                 |
| <input type="checkbox"/> Allergies      | <input type="checkbox"/> Cockroaches                |
| <input type="checkbox"/> Weather change | <input type="checkbox"/> Exercise or active playing |
| <input type="checkbox"/> Infections     | <input type="checkbox"/> Strong odors and fumes     |

### 2. Asthma Symptoms

Asthma symptoms are different for each person. It is important to treat even mild symptoms so they will not get worse.

### Main symptoms of asthma

- Shortness of breath.
- Wheezing.
- Tight feeling in chest.
- Coughing often.

### 3. Treating Asthma: Two kinds of medicine

**Reliever medicines:**

- Give fast relief of symptoms.
- Relax tight muscles around airways.
- You take these when needed for symptoms.

**Examples of reliever medicines**

Albuterol     Xopenex     Combivent

**Controller medicines:**

- Long-lasting.
- Control airway swelling and mucus.
- You take these medicines every day.

**Examples of controller medicines:**

Flovent     Advair     Pulmicort  
 Qvar     Symbicort     Dulera

### Our Goals at Cook Children's

#### 1. To help a child with asthma live a normal life.

- Stay healthy.
- Feel good.
- Take part in activities or sports.

#### 2. To help parents learn about asthma.

- Know the asthma triggers.
- Know the asthma symptoms
- Know the asthma treatments.

Check out our website:  
[www.cookchildrens.org](http://www.cookchildrens.org)  
 682-885-4000