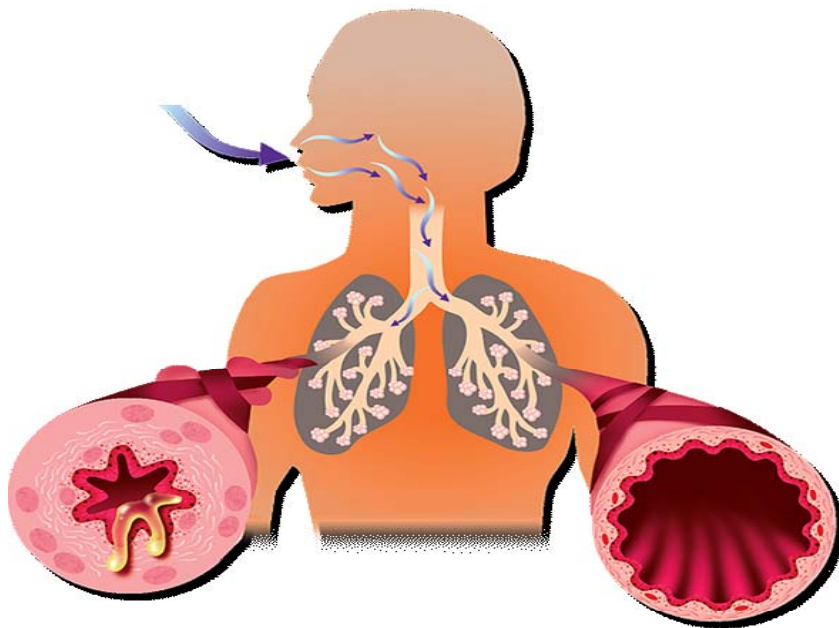


What is Asthma?

- **Asthma is a common disease of the lungs.**
- **It is a chronic disease.**
- **Asthma affects the airways in the lungs.**
- **Asthma has several causes.**

Asthma is a common disease of the lungs. Asthma rates have gone up over the past 10 years. Asthma affects 1 in 15 Americans. About 2 or 3 children in every classroom will have asthma. It is the number one reason why children miss school.

Asthma is a chronic disease. Asthma is a life-long condition. There is no cure for asthma. Asthma can cause permanent lung damage if it is not treated properly. If asthma is controlled, a person with asthma can live a normal and active life!



Asthma affects the airways in the lungs.

People with asthma have airways in their lungs that are extra sensitive to different things in the environment. When people with asthma breathe in these things, the airways react to them and become inflamed and swollen. The airways produce more mucus and the muscles around the airways tighten. Air can't get through the airways and it is harder to breathe.

Asthma has several causes. Asthma is not contagious. Asthma often runs in families that have a history of allergies and asthma. Asthma can also be caused by things in the environment like tobacco smoke.