

Dangerous but Controllable

Asthma is a serious, lifelong lung disease that can strike children and adults. Without medication, asthma can make a healthy, active life impossible. You can't outgrow it and it can't be cured, but it IS possible for you to manage asthma and avoid severe episodes.



Learn about ASTHMA

To learn more about locations in Idaho where you can get a simple test for this disease, call the Idaho CareLine by dialing 2-1-1 or 1-800-926-2588.



Additional information is available online at www.idahohealth.org

Costs associated with this publication are available from:



IDAHO DEPARTMENT OF HEALTH & WELFARE

P.O. Box 83720 • 450 W. State Street • Boise, Idaho 83720

Words of WARNING



Sometimes I'm fine during exercise, but other times I **can't catch my breath**



She always gets **a little wheezy** when it's cold or rainy



It's just a **nagging cough** I've had for years

What's yours?



Asthma Is Dangerous

By the time you feel the danger signs, your lungs may only be working at 50% to 80%. That's like one lung not getting any air.

Severe episodes require emergency care and can be deadly if not treated right away.



You May Have Asthma

Signs of Asthma

Any of the following symptoms may mean you have asthma:

- Tightness or pain in your lungs
- Coughing
- Wheezing (a whistling in your lungs)
- Shortness of breath

You or someone you care about can have one or more of these symptoms. Make sure you talk to a doctor if you recognize any of these danger signs.

Signs of Risk

You are more likely to develop asthma if:

- You smoke or are exposed to tobacco smoke
- Your family has a history of asthma
- You are overweight or not physically active
- You have allergies

Potential Triggers

Things that can trigger asthma symptoms include:

- Stress
- Tobacco smoke
- Dust
- Allergies
- Mold
- Pet dander
- Air pollution

Ask your doctor these three important questions:

1 *Do my symptoms mean I have asthma or is it something else?*

2 *What can I do to control my asthma?*

3 *What can I expect if I take care of my asthma, and what could happen if I don't?*

