

Asthma



Asthma is a chronic disease involving the airways in the lungs. These airways, or bronchial tubes, allow air to come in and out of the lungs. If you have asthma your airways are always inflamed. They become even more swollen and the muscles around the airways can tighten when something triggers your symptoms. This makes it difficult for air to move in and out of the lungs, causing symptoms such as coughing, wheezing, shortness of breath and/or chest tightness.

Childhood asthma impacts millions of children and their families. In fact, the majority of children who develop asthma do so before the age of five. There is no cure for asthma, but once it is properly diagnosed and a treatment plan is in place you will be able to manage your condition, and your quality of life will improve.

For many asthma sufferers, timing of these symptoms is closely related to physical activity. Staying active is an important way to stay healthy, so asthma shouldn't keep you on the sidelines. Your physician can develop a management plan to keep your symptoms under control before, during and after physical activity.

Source: American Academy of Allergy, Asthma and Immunology. <http://www.aaaai.org/conditions-and-treatments/asthma.aspx>

School Asthma Form

[Asthma Action Plan](#)-Print this form and take to physician to complete if your student needs asthma medication in school.