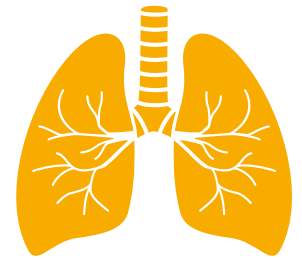
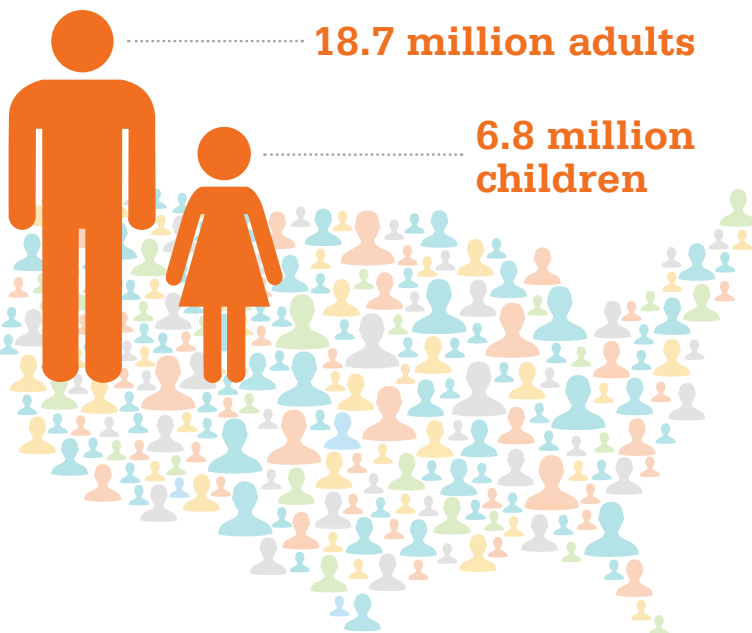


Breathe easier by controlling asthma



Asthma affects more than
25 million people in the U.S.



Asthma symptoms



Wheezing, coughing, shortness of breath, tightness in the chest

Difficulty breathing after exercise



Coughing and wheezing at night

Chronic coughing that lasts for weeks after a cold



Cough or trouble breathing during the day with asthma triggers

Asthma triggers



Seasonal
Pollen allergens,
temperature changes



Environmental
Allergens, air pollution,
dust and mold, animal
dander



Exercise-induced
Playing sports,
strenuous activities

Asthma treatment



Identify and avoid triggers. Keep a journal and make note of potential triggers to avoid in the future.



See your doctor. Schedule frequent checkups to discuss symptoms and treatments.



Take your medicines as prescribed. Certain medications are better for sudden attacks, while others are meant to control your condition long term.



Create an asthma action plan with your doctor. This includes how to take your medicines, prevent flare-ups and when to seek emergency care.