



Why Asthma Awareness Month Matters

by NEWLIFEOUTLOOK TEAM

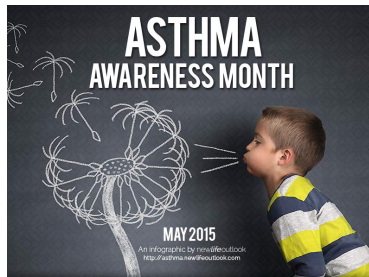
Ending Asthma Stigma Through Awareness

For many people asthma isn't just an inconvenience — it could be deadly.

And yet, asthma sufferers are frequently the butt of jokes. In films and on TV the child or adult who uses an inhaler is portrayed as weak, often a social outcast. This wouldn't be acceptable for other life-threatening illnesses, but with asthma it happens all the time.

May is Asthma Awareness Month, the perfect opportunity to do your part to end asthma stigma by spreading the word about what it is and how it affects people.

You can start by sharing this infographic with your friends, family, and anyone else you can think of!



SYMPTOMS OF ASTHMA

Asthma is a lung disease that blocks, inflames or narrows the **airways** (bronchial tubes) making breathing difficult.

Symptoms of Asthma include:

- * Coughing and wheezing
- * Shortness of breath
- * Tightness, pain or pressure in the chest!



While some children outgrow asthma, most do not. Growing out of the condition is especially unlikely for children with severe asthma. 10% of American children suffer from asthma compared to 8% of American adults!

ASTHMA ATTACKS



During an asthma attack the muscles around the **bronchial tubes tighten**, making it extremely difficult for air to move through them to the lungs.

Attacks can range from mild to severe. A less serious attack may be brought under control through the use of a **quick-relief asthma medication**.¹¹



More serious attacks may not respond to quick-relief medications and require **emergency medical treatment**.¹²



an estimated
25.9 MILLION
Americans and
235 MILLION
people worldwide
live with asthma¹³



Asthma KILLS 3,600 AMERICANS every year
That's nine per day¹⁴



ASTHMA TRIGGERS¹⁵

Several things can trigger an asthma attack. Common triggers include:



SMOKE, CHEMICALS OR PERFUMES



EXERCISE



WEATHER CHANGES OR COLD AIR



ALLERGIES LIKE PETS, DUST MITES OR POLLEN



RESPIRATORY INFECTIONS, LIKE THE COMMON COLD

There is no cure for asthma, but it can usually be managed through medication and lifestyle changes.

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<http://asthma.newlifeoutlook.com>

May is Asthma Awareness Month. Share this with your friends and family and help spread the word.

Resources:

1 <http://www.mayoclinic.org/diseases-conditions/asthma/basics/asthma/diagnosis>

2-4 <http://www.aafa.org/asthma/diagnosis/asthma-attack>

5 <http://www.who.int/respiratory/asthma/en/>

6 <http://www.aafa.org/asthma/diagnosis/asthma-attack>

