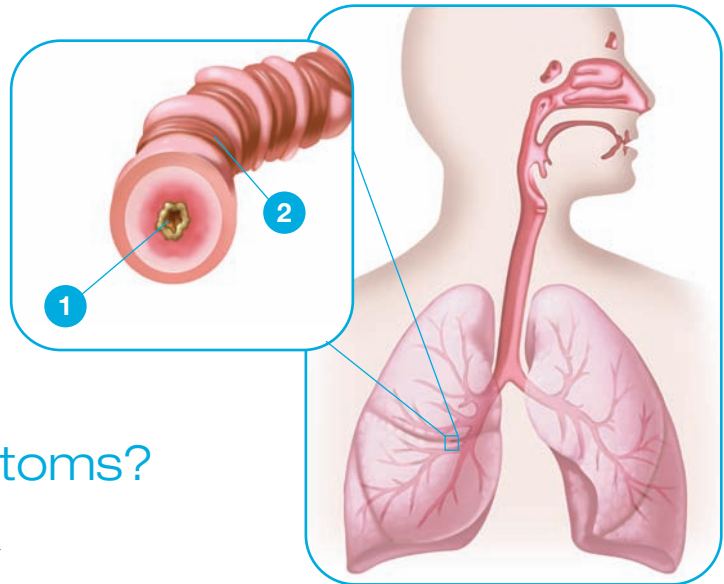


# What Is Asthma?

Asthma is a disease of the airways or breathing tubes in your lungs.

## What Does Asthma Feel Like?

The main symptoms of asthma are coughing, wheezing, chest tightness, and shortness of breath during the day or night.



## What Happens When You Have Asthma Symptoms?

Two main things are happening when you have symptoms:

- 1 The airways swell and fill with mucus.
- 2 The muscles around the airways tighten. This makes the airways smaller.

## Tips to Help Keep Your Asthma Under Control

- Take your asthma control medicine as directed by your doctor. Don't miss a dose even if you feel fine.
- Talk to your doctor about what starts, or triggers, your asthma flare-ups. Stay away from these triggers.

**Can asthma be cured?** No. Asthma cannot be cured. It stays with you every day. You have asthma even when you feel fine. The good news is that asthma can be well managed! You should expect nothing less.