COMMUNITY - KNOWLEDGE - ACTION

Breathe Better Together Ohio

Learn signs and symptoms of Asthma, and what questions to ask medical professionals

OHIO FEDERATION for Health Equity and Social Justice

1 What is Asthma?

Asthma causes inflammation and/or swelling which restricts airflow, making it difficult to breathe.



If left uncontrolled asthma can cause permanent scarring of lung tissue, making treatments less effective. In more severe cases asthma can be life-threatening.

Common Symptoms:

- Early Morning/Late Night Coughing
- Chest Tightness
- Wheezing
- Shortness of Breath During Regular Activities

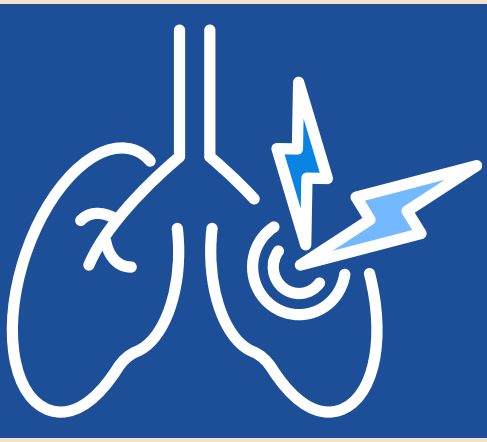
During serious episodes (Asthma Attacks) airways shrink, mucus builds up rapidly, and breathing becomes extremely difficult- requiring medication, and possibly immediate medical attention

2 What causes Asthma?

Respiratory Infection

Genetics

Environment & Lifestyle



3 What Can Be Done?

- ✓ See a medical provider
- ✓ Build a plan to meet your needs
- ✓ Manage Day-to-Day

4 Questions to Ask Your Doctor:

- What symptoms could be signs of asthma?
- What tests can confirm whether I have asthma, and how are they performed?
- Could my allergies, frequent colds or family history be putting me at a higher risk of developing asthma?



WHILE THERE IS NO CURE FOR ASTHMA, YOU CAN CONTROL IT.

ENJOY THE ACTIVITIES YOU LOVE, EXPERIENCE FEWER SYMPTOMS, AND BREATHE BETTER !