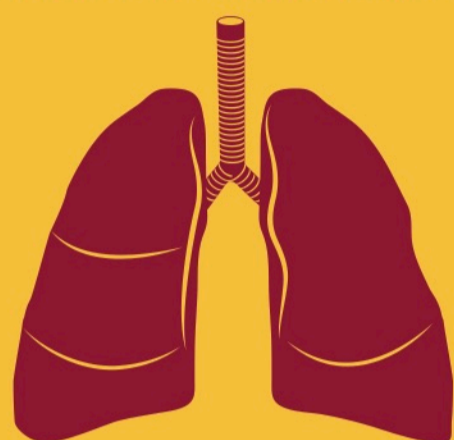


# MANAGING YOUR ASTHMA

Asthma is an inflammatory lung disease that causes asthma attacks, or episodes of breathlessness, chest tightness, wheezing and coughing.

## MIGHT I HAVE Asthma?

A DOCTOR WILL MEASURE YOUR AIR FLOW AND ASK ABOUT:



- ✓ **Breathing**  
After physical activity  
During certain times of the year  
At night and first thing in the morning
- ✓ **Family History**
- ✓ **Symptoms**  
Chest tightness, wheezing or colds that last more than 10 days

## 25 Million

AMERICANS ARE LIVING WITH ASTHMA



## TRIGGERS

AVOIDING YOUR TRIGGERS CAN HELP CONTROL YOUR ASTHMA. COMMON TRIGGERS INCLUDE:



Pets



Physical exercise



Outdoor air pollution



Some foods and food additives



Fragrances and aerosol



Dust mites and mold



Thunderstorms or high humidity

## MEDICAL TRIGGERS

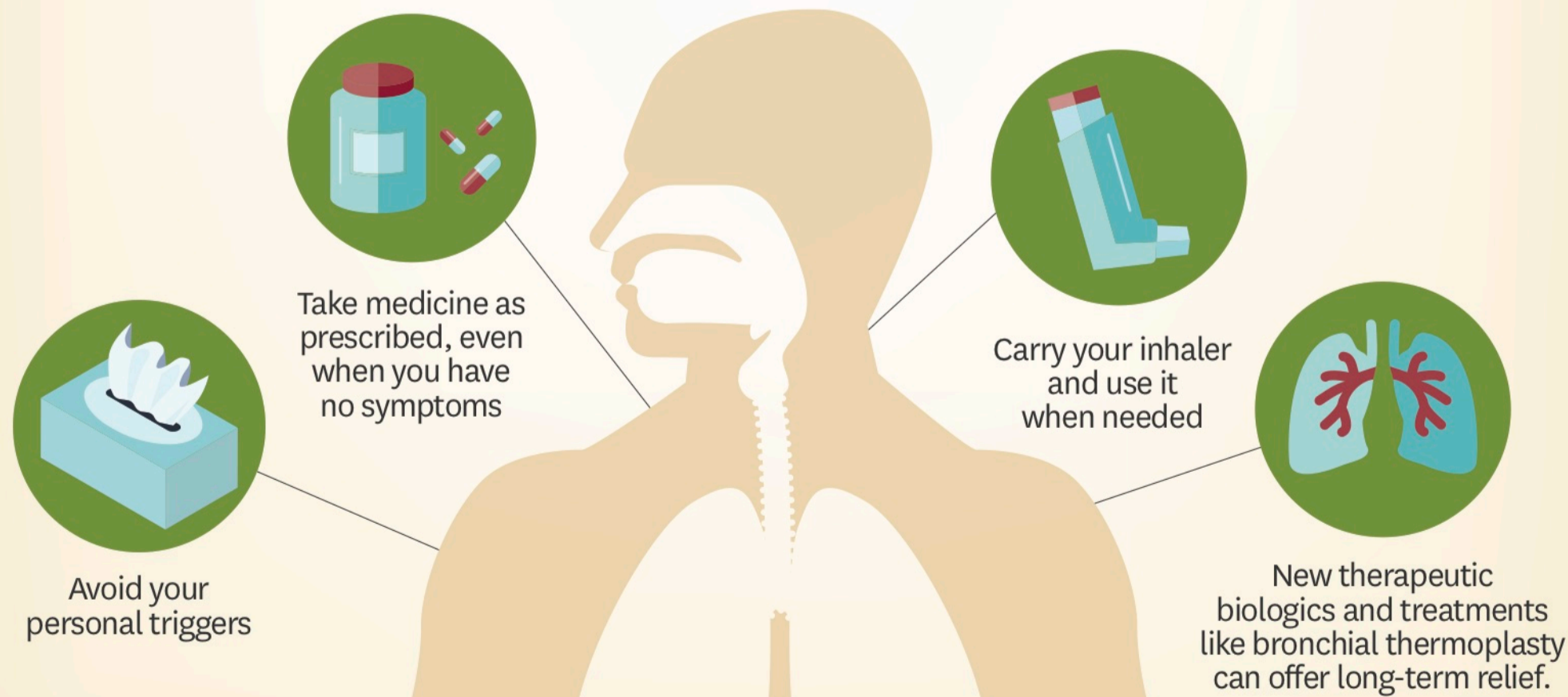
MEDICAL CONDITIONS CAN ALSO TRIGGER ASTHMA ATTACKS, INCLUDING:



- ✓ **Influenza**
- ✓ **Colds**
- ✓ **RSV**
- ✓ **Sinus infections**
- ✓ **Acid reflux**

## CONTROLLING YOUR ASTHMA

ASTHMA CAN'T BE CURED, BUT YOU CAN MANAGE IT. WORK WITH YOUR HEALTH CARE TEAM TO DEVELOP A PLAN THAT TARGETS YOUR SPECIFIC TYPE OF ASTHMA.



**Do you think you or a loved one may have asthma?  
Or do you want to take better control of your asthma?**  
Request an appointment with a Keck Medicine of USC physician