

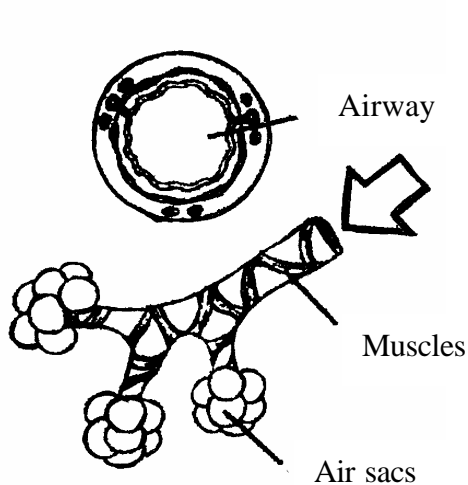
# ASTHMA SIGNS & SYMPTOMS

## Asthma is a life-long lung disease

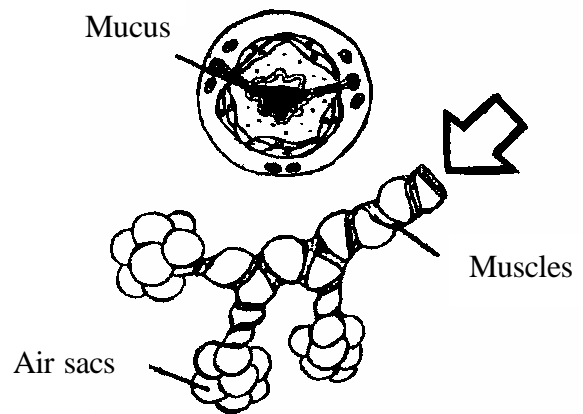
In response to a trigger:

- ? The inside of your airway gets swollen (inflamed)
- ? Your airways make a thick mucus
- ? The muscles around the airways get tighter (bronchoconstriction)

### Normal Airway



### Airway during asthma flare-up



### **Common Symptoms:**

- Constant or frequent cough during day or especially at night
- Difficulty breathing or shortness of breath
- Tight chest - sometimes described as chest pain
- Breathing faster than usual
- Wheezing
- Coughing or out of breath with exercise
- Long recovery time (~20-30 min. or more) after exercise