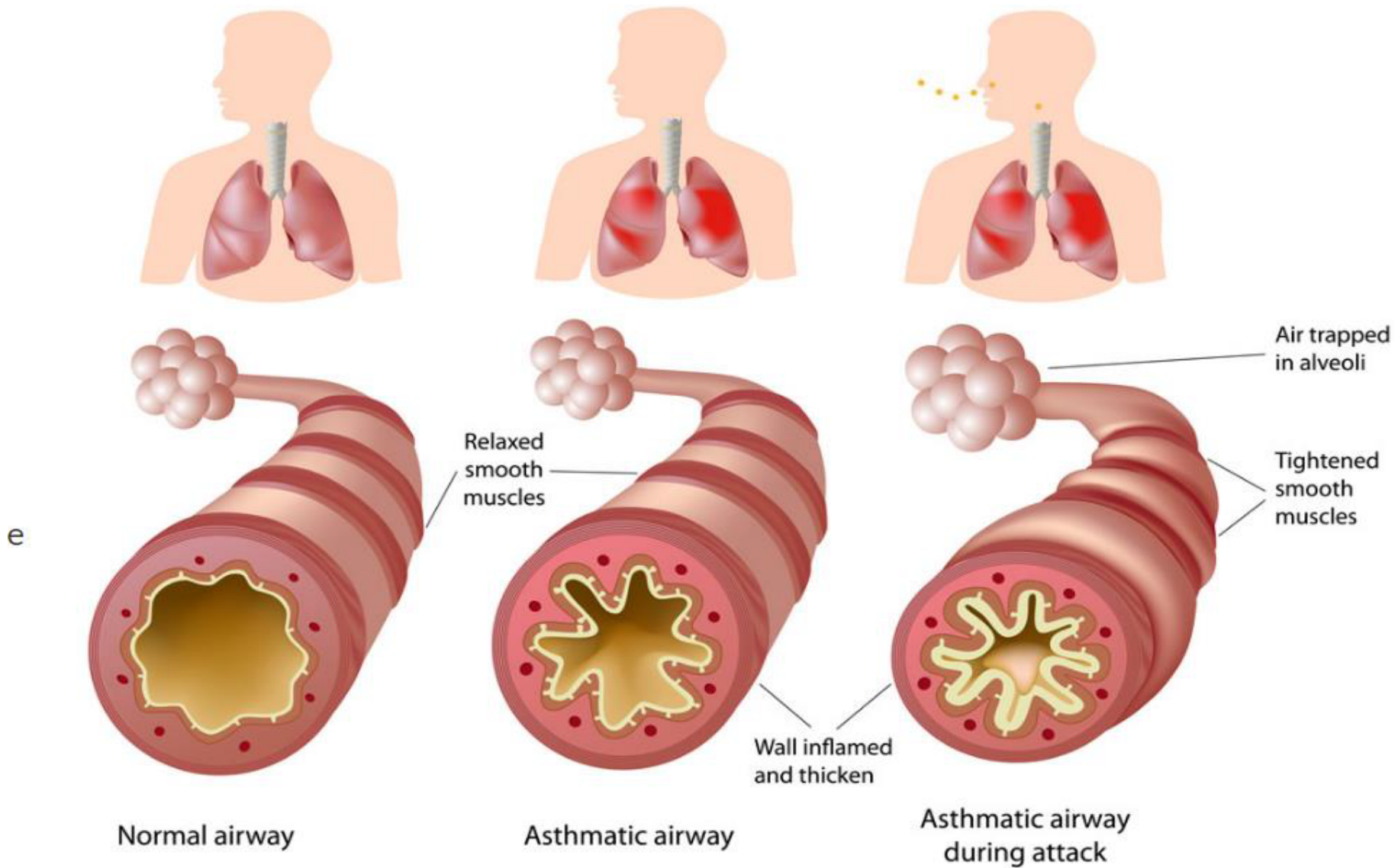


# Pathology of Asthma



**NORMAL LUNG**

**ASTHMATIC LUNG**

Muscle relaxed

Muscle tightens

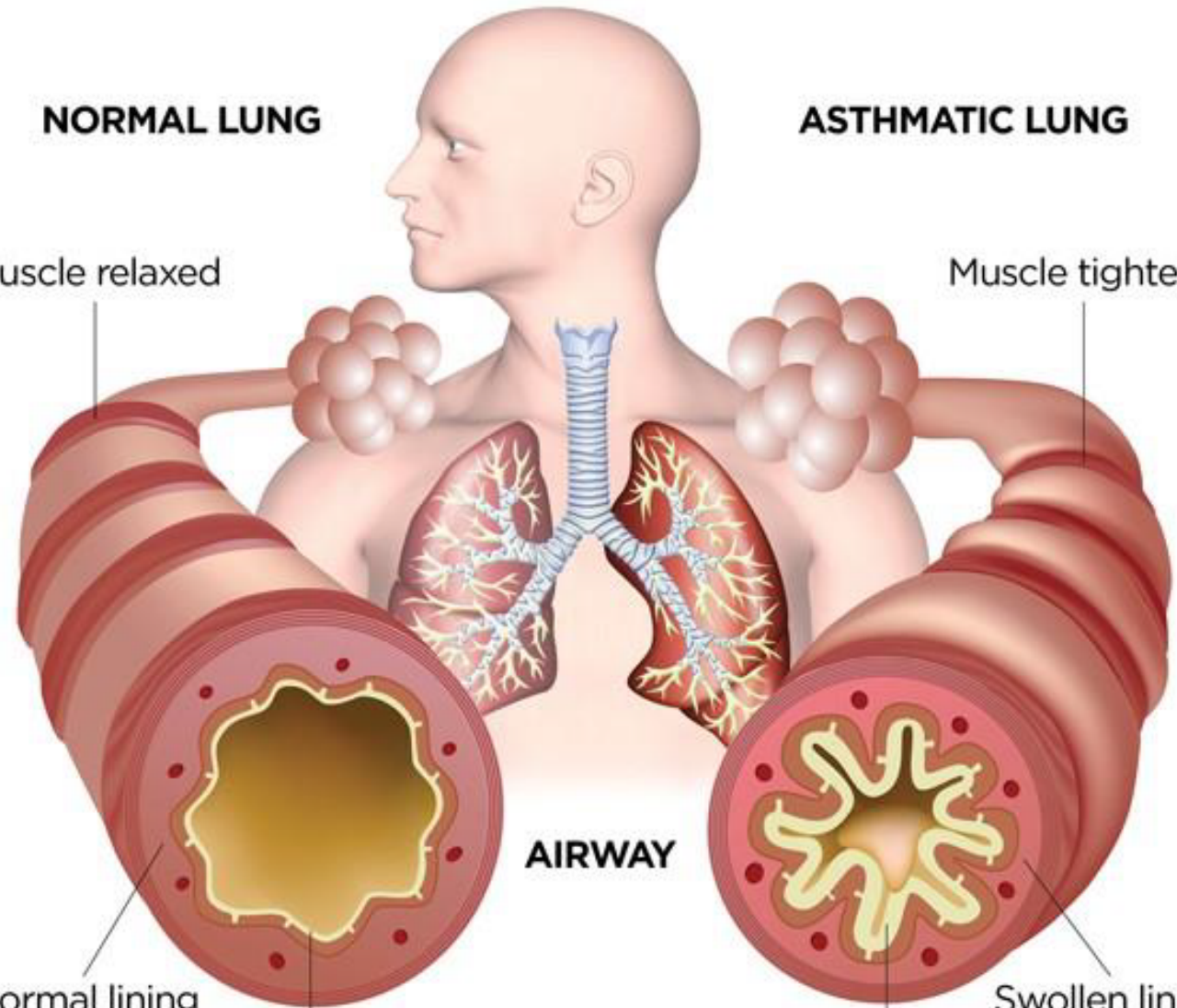
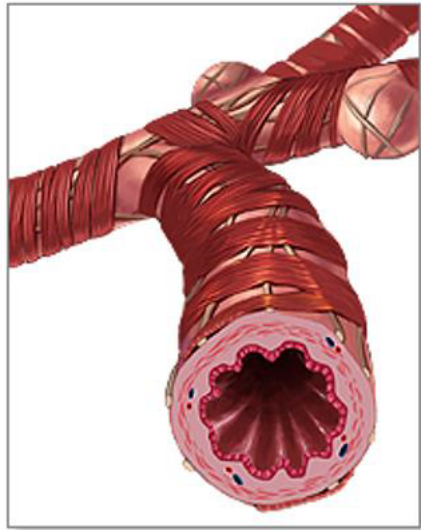
**AIRWAY**

Normal lining

Normal amount  
of mucus

Swollen lining

Excess mucus



### **What is asthma?:**

Asthma is a disease of the airways. Air enters and exits the lungs through airways. When you have asthma, your airways aren't able to function as well as they should. Asthma causes inflammation, or swelling, in the lungs. It can also cause squeezing, called bronchoconstriction and extra sensitive or irritable airways. This makes it more difficult to breathe. When you have asthma, your airways aren't able to function as well as they should.

When something bothers your airways, you have trouble breathing. This is called an asthma attack or episode. It gets harder to breathe because the tiny muscles around your airways squeeze tightly and they have swelling inside. Your lungs will make more mucus inside your airways, which makes it even harder to breathe. These changes in your airways can cause coughing and wheezing.

### **What is the treatment for asthma?:**

You and your providers will come up with a plan to treat and manage your asthma. It often involves a blend of medication and avoiding your asthma triggers which can help reduce swelling and relax tight muscles in your airways. An asthma action plan is an important tool to help you know when and how to treat your asthma symptoms.

### **How to prevent an asthma attack?:**

The best way to prevent an asthma attack, is to follow your treatment plan. Learn your triggers and avoid or reduce your exposure to them. Take your allergy and asthma medicines when you should. Refer to asthma action plan as soon as you start to notice symptoms of your asthma.