Asthma

is a serious lung disease
causes chest tightness, wheezing, and coughing
can be controlled with proper treatment

How many people in the U.S. have asthma?
About 1 in 13 people

Data Source: 2017 National Health Interview Survey

Because of poorly controlled asthma, each year about

4 in 9 children miss school
1 in 3 adults miss work
7 in 13 adults limit their activities

Data Source: BRFSS Asthma Call-back Survey, United States, 2012-2014

When you control your asthma, you can lead a full and active life. You deserve nothing less!

Work with your health care provider to develop an asthma action plan that includes

How to take your medications
How to track symptoms and triggers
When to see your provider
What to do when you have an attack

nhlbi.nih.gov/breathebetter