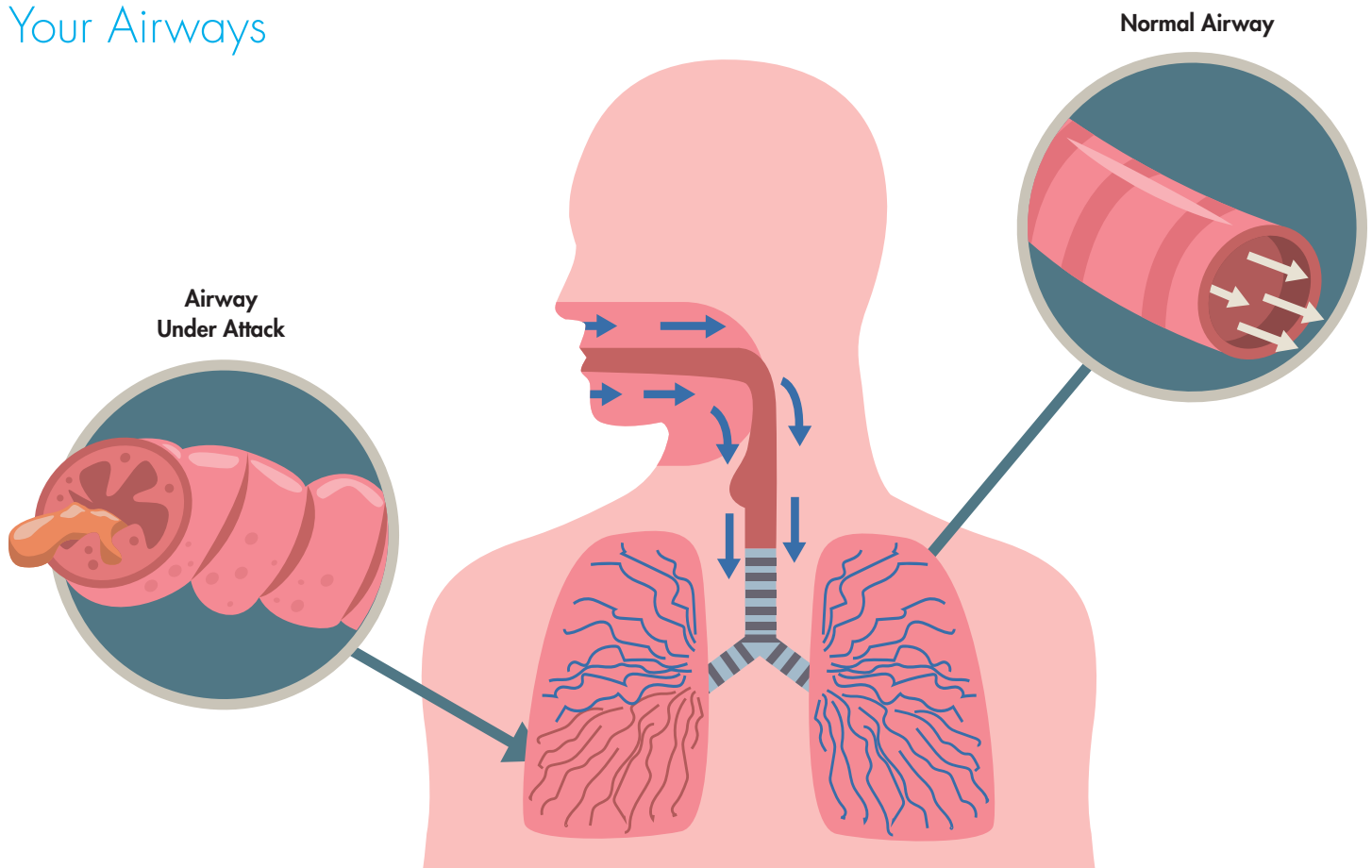


Asthma is a chronic (long-term) illness affecting the lungs. Children with asthma have airways that are sensitive to things called "triggers." Asthma causes recurring periods of wheezing (a whistling or squeaky sound when you breathe), chest tightness, shortness of breath and coughing. We know that asthma can run in families. In most cases, we don't know what causes asthma, and we don't know how to cure it. However, there is very effective treatment for asthma.

## How Asthma Affects Your Airways



The normal airway is open, so the air you breathe moves in and out of your lungs freely. When you are exposed to your asthma triggers, the walls of your airways become more inflamed or swollen, and the muscles around the airways tighten, leaving less room for the air to move in and out.