

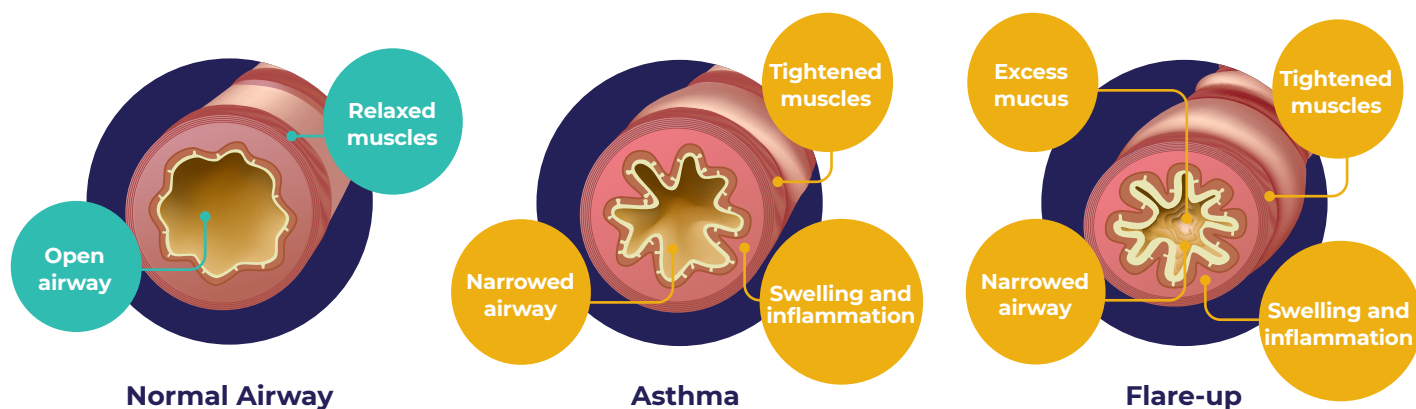
UNDERSTANDING AIRWAY INFLAMMATION IN ASTHMA

HOW AIRWAY INFLAMMATION WORKS IN ASTHMA

Inflammation is part of the body's immune response to irritants, injuries, and infections.

When you have asthma, your immune system reacts abnormally and causes your airways to become inflamed and narrowed. This narrowing can cause you to experience shortness of breath, wheezing, coughing, and chest tightness.

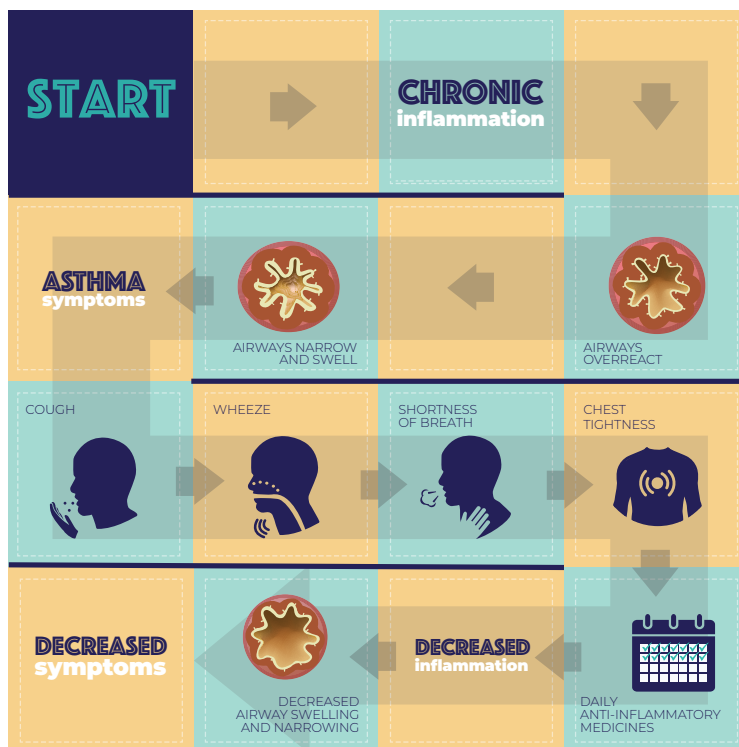
AIRWAY CHANGES FROM ASTHMA CAN MAKE IT HARD TO BREATHE



ASTHMA IS A CHRONIC CONDITION

Most people with asthma have chronic (long-lasting) inflammation in their airways. The amount of airway inflammation can change over time. Asthma triggers can make airway inflammation worse.

Chronic inflammation may make your airways overreact to triggers leading to airway narrowing and swelling, and symptoms such as cough, wheeze, shortness of breath, and chest tightness. To treat chronic airway inflammation, most people may need to take daily anti-inflammatory medicines like inhaled corticosteroids to help control this inflammation, and the airway swelling and narrowing it causes.





KNOWING WHAT TRIGGERS WORSENING OF YOUR SYMPTOMS MAY HELP YOU AND YOUR HEALTH CARE PROVIDER BETTER MANAGE YOUR ASTHMA

Some common asthma symptom triggers are:						
						
Tobacco smoke	Air pollution	Respiratory infections	Stress	Exercise	Certain medicines like aspirin	Allergies

KNOW YOUR ASTHMA TYPE

Medical tests, including allergy testing, blood work, and checking the air you breathe out for indicators of inflammation, can help your health care provider understand what triggers your airway inflammation and to identify your asthma type.

Knowing what triggers your airway inflammation and your asthma type can help you and your health care provider determine the best management for YOU. Individualized treatment that can reduce your airway inflammation may reduce your asthma symptoms.



Together, you and your health care provider will determine the best treatment for your asthma.