

# FACTS ABOUT ASTHMA

## **Asthma is the *leading cause* of school absenteeism.**

- Asthma is a disease that causes airways to become inflamed.
- In Mississippi, 1 in 10 children have asthma.
- Symptoms of asthma are: tightness in the chest, shortness of breath, congestion, coughing, and wheezing.
- Signs of an asthma attack are: airways tighten, heavy mucus production, and difficulty breathing.
- Currently, there is no cure for asthma, but it can be controlled.
- Identifying and controlling triggers are key factors to asthma management.
- Examples of triggers are secondhand smoke, dust, mold and exercise.
- Using an Asthma Action Plan will help manage asthma.

*To find out more about asthma, contact the American Lung Association of Mississippi:*



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