

# ASTHMA

is a condition in which a person's airways become inflamed, narrow and then swell. The airways produce extra mucus and make it hard to breathe.

## TREATMENT OPTIONS:

Inhalers, concentrators and doctor plans can treat this disease. There is no natural cure for this disease, but your symptoms can be controlled and monitored.

## SYMPTOMS MAY INCLUDE:

- Tightness in chest
- Wheezing
- Airway irritability
- Breathlessness
- Coughing
- Increased mucus production