

Asthma

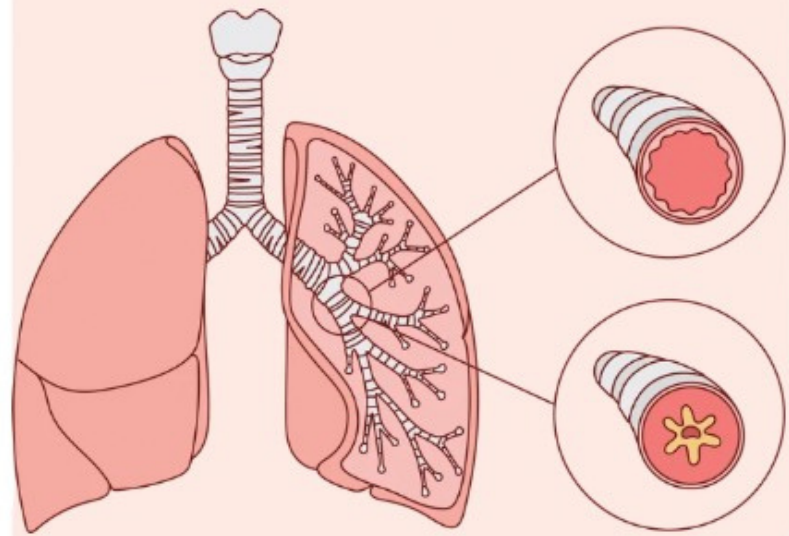
Asthma is a chronic condition that causes your airways to be narrowed and inflamed, causing difficulty in breathing (dyspnea). This can appear in coughing, wheezing, and more.

More about Asthma

Asthma can be reversed by medications, such as an inhaler.

DID YOU KNOW?

The portion of the lungs primarily affected by asthma is the bronchi.



(Image from Canva)

There is a tool called a peak flow meter which can track your air leaving your lungs and predicts asthma attacks.

Asthma can also be induced by exercise, also known as exercise-induced bronchoconstriction.

Severe asthma attacks, also known as status asthmaticus, can be life threatening.

Sources

Mayo Clinic. (2025, March 8). Asthma. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/asthma/symptoms-causes/syc-20369653>