

**22 MILLION**  
 AMERICANS HAVE ASTHMA—  
 ROUGHLY 1 IN 12

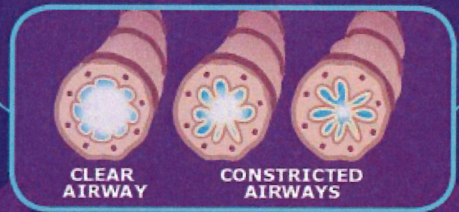


**1 IN 10**  
**CHILDREN**

IN THE US HAVE ASTHMA  
 —THAT'S ALMOST 6 MILLION—  
 WITH NEARLY A 50% INCREASE  
 AMONG BLACK CHILDREN

# ASTHMA

is a chronic (long-term) condition of the lungs, in which the airways become swollen, inflamed, and clogged with mucus and fluid. Muscles surrounding the airways tighten and contract as they try to keep the passageways open, which makes it hard to breathe.



**10.5 MILLION**  
 MISSED SCHOOL DAYS  
 FOR CHILDREN EACH YEAR



**14.2**  
 LOST WORKDAYS  
 PER ADULT EACH YEAR



**\$60 BILLION**  
 ESTIMATED COST OF ASTHMA  
 IN THE US EACH YEAR

**53%**

OF PEOPLE WITH ASTHMA  
 HAVE AN ATTACK EACH YEAR



**COMMON ASTHMA TRIGGERS**  
 A TRIGGER IS ANYTHING THAT CAUSES  
 THE AIRWAY TO TIGHTEN OR TWITCH

- HOUSE DUST
- MOLDS
- ANIMAL DANDER
- COCKROACHES
- SMOKING
- OUTDOOR ALLERGENS
- STRONG SMELLS
- WEATHER
- INFECTIONS
- HEARTBURN

**LEADING SYMPTOMS**

- SHORTNESS OF BREATH
- COUGHING
- CHEST TIGHTENING
- WHEEZING
- FATIGUE



Asthma is a long-term disease that usually begins in childhood and never goes away. But asthma can be controlled and effectively managed. That's why it is important for you to seek out a health-care provider who can work with you to improve your breathing. Learn more by going to [www.chestnet.org/asthmainfo](http://www.chestnet.org/asthmainfo)