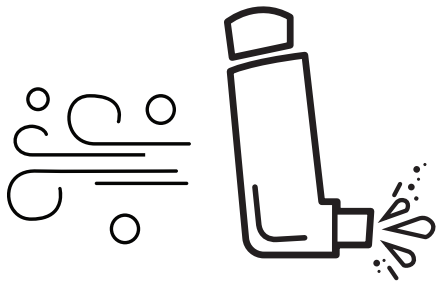


WHAT IS ASTHMA?

BREATH E
the lung association

Asthma is a chronic lung disease that affects the breathing passages within the lungs. It can be mild or severe, but it is a life-threatening condition if not well controlled.



Symptoms & Effects

- Coughing
- Wheezing
- Shortness of breath
- Chest tightness
- Pneumonia and influenza can be life-threatening for people with asthma

KEEPING ASTHMA UNDER CONTROL

- Do you use your rescue inhaler more than three times per week?
- Do you wake up at night more than once a week because of your symptoms?
- Does your asthma prevent you from exercising or doing regular activities like housework?
- Do you miss work or school because of asthma?

If you have asthma and answered "yes" to any of the questions, your asthma is not well controlled. The good news is, there are some ways you can help keep your asthma in check.



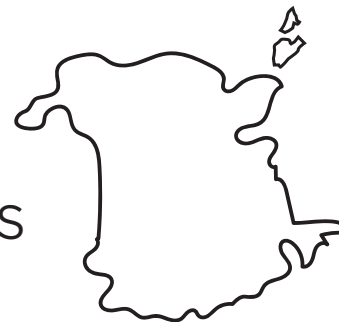
- Symptoms can be controlled, prevented, or relieved through medication
- You can also avoid asthma triggers, including smoking, intense exercise, fumes, dust, mould, pets, pollen, and exposure to respiratory infections
- Keep up-to-date on immunizations for respiratory disease like pneumonia and influenza

DID YOU KNOW?

APPROXIMATELY

1 IN 10
EVERY

NEW
BRUNSWICKERS
LIVES WITH
ASTHMA.*



*Source: Statistics Canada

HOW THE LUNG ASSOCIATION IS HELPING:

We offer patient counselling and education, and advocate for improved access to medication.

For more asthma information and support, please visit us at nb.lung.ca, email info@nb.lung.ca, or call 506-455-8961.