

5 FACTS ABOUT ASTHMA



- 1 Asthma is a disease that affects the lungs. It can cause wheezing, breathlessness, chest tightness and coughing especially at night or early in the morning.
- 2 It affects more than 25 million people in the United States.
- 3 Asthma is the most common chronic disease among children and adolescents.
- 4 It causes 3 in 5 people with asthma to limit their physical activity or miss days at school and work.
- 5 In adults, asthma is more common in women. In children, it is more common in males.

1. Asthma in the U.S.: CDC Vital Signs. Centers for Disease Control and Prevention. May 2011. www.cdc.gov/VitalSigns/asthma/
2. Adolescent and school health: Asthma and schools. Feb. 19, 2013. Centers for Disease Control and Prevention. www.cdc.gov/HealthyYouth/asthma/
3. Asthma: May is Asthma Awareness Month. Centers for Disease Control and Prevention. May 11, 2015. www.cdc.gov/asthma/world_asthma_day.htm

It's important for those with asthma to not just cope with symptoms, but to work toward taking active control of the disease. To learn more about asthma, visit www.abbott.com and the American Lung Association at www.lung.org.