

# What Happens During an Asthma Attack?

People with asthma have lungs and airways that are **oversensitive to certain triggers**, such as pollen, animal dander, or smoke. Exposure to these triggers can cause an asthma attack.

## **ASTHMA ATTACKS**

are acute episodes when the air passages in the lungs get narrower and *breathing becomes more difficult.*

- Muscles that surround your airways tighten, causing the air passage to narrow.

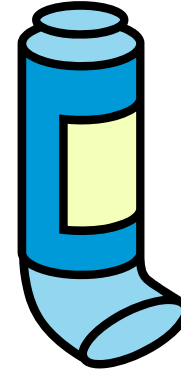
As a result, it will be **more difficult and painful** to breathe. You will also hear a **wheezing sound** as air rushes through the narrowed airways.

- The lining of your airways swells and secretes mucus.

As a result, you may start **coughing** to loosen up and spit out the mucus that is blocking your airways.

# Treating Asthma with Medication

## Long-Term, Control Medication



- Goal is to control asthma symptoms and prevent an asthma attack.
- Medication is taken every day.

## Short Term, Quick-Relief Medication

- Goal is to relieve asthma symptoms.
- Medication is taken only occasionally.

Your doctor will prescribe the kind of medication that is appropriate for the type and severity of your asthma.