



1 IN 10
CHILDREN

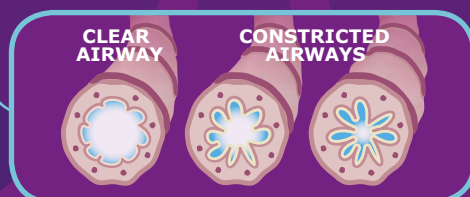
IN THE US HAVE ASTHMA
—THAT'S ALMOST 6 MILLION—
WITH NEARLY A 50% INCREASE
AMONG BLACK CHILDREN

53%

OF PEOPLE WITH ASTHMA
HAVE AN ATTACK EACH YEAR

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

COMMON ASTHMA TRIGGERS

A TRIGGER IS ANYTHING THAT CAUSES
THE AIRWAY TO TIGHTEN OR TWITCH

HOUSE DUST



OUTDOOR
ALLERGENS

MOLDS



STRONG SMELLS

ANIMAL
DANDER



WEATHER

COCKROACHES

INFECTIONS

SMOKING



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

Get the facts about **ASTHMA**

MYTHS **BUSTED**

Asthma can be cured.

FACT: There is no cure for asthma, but with regular treatment, it can be controlled allowing patients to live full and productive lives.



You only have asthma when you have trouble breathing.

FACT: Asthma is a chronic condition, meaning it is there all the time. People with asthma have airway inflammation even when no symptoms are present.

Asthma attacks are always sudden and severe.

FACT: Most asthma attacks develop slowly with a gradual increase in symptoms like chest tightening, breathlessness, coughing, and wheezing. Recognizing your symptoms early can help you address the issues before an asthma attack becomes severe.



Asthma medication is only used when a person is having an asthma attack.

FACT: Medications are one of the most important tools for managing asthma symptoms and preventing them from getting worse. These include daily and long-term controller medicines, which are different from the medicines used to deal with an asthma attack. What's important is to take your medicines as prescribed every day even if you don't experience any symptoms.

Children can outgrow asthma.

FACT: Asthma is not a disease you outgrow. Symptoms can improve or resolve during adolescence and adulthood, but the disease never goes away.



Moving to a dry climate can cure asthma.

FACT: A change in environment may have a temporary impact on improving asthma symptoms, but it won't cure the disease. Reducing the asthma triggers in your environment may be more helpful than moving to a different climate.

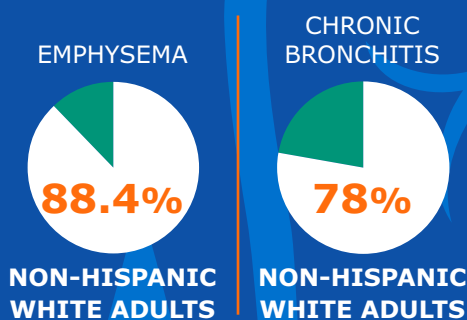
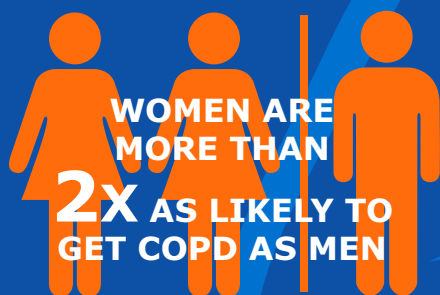
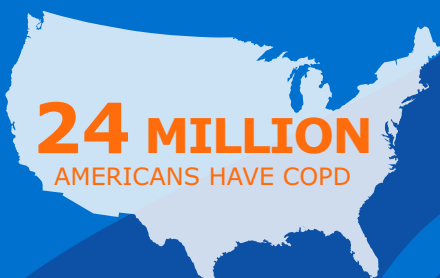
Allergies have nothing to do with asthma.

FACT: Roughly 70% of people with asthma also have allergies. Allergies increase lung inflammation and can trigger coughing, wheezing, and shortness of breath. When allergies are effectively treated, asthma symptoms often improve.



People with asthma shouldn't exercise.

FACT: Exercise is a critical element in healthy living, particularly for those with asthma. Regular exercise helps improve lung function. Additionally, weight loss reduces the risk of asthma and helps people with asthma breathe easier.



COPD IS THE 3RD LEADING CAUSE OF DEATH IN THE US



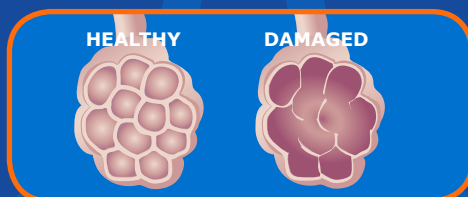
Chronic Obstructive Pulmonary Disease

COPD

COPD is a serious, progressive lung disease that can make it difficult to breathe and get enough oxygen into the body and carbon dioxide out of the body. The two diseases that make up COPD are:

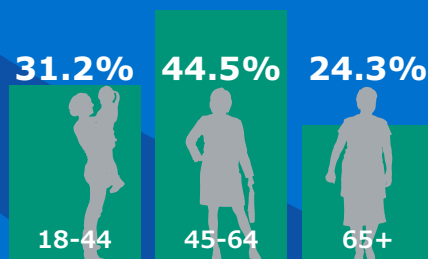
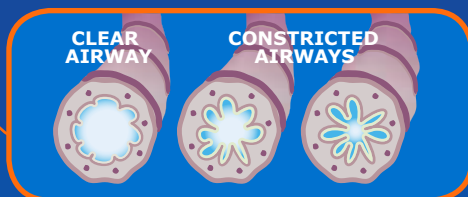
EMPHYSEMA

With emphysema, the air sacs and small airways are damaged and lose their elasticity. Air becomes trapped in the air sacs making it difficult to breathe in and out.

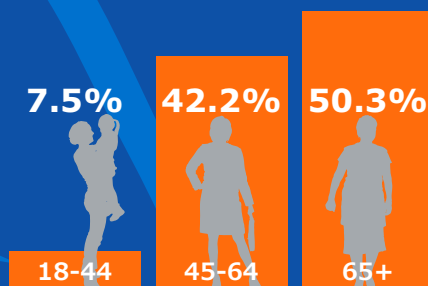


CHRONIC BRONCHITIS

With chronic bronchitis, the airways become swollen and inflamed and produce large volumes of mucus. This narrows or closes the airways making breathing difficult and leading to a risk of infections.



CHRONIC BRONCHITIS BY AGE



EMPHYSEMA BY AGE

SMOKING IS THE #1 CAUSE OF COPD

Other causes:

- Secondhand smoke
- Work-related exposure to chemicals and dusts, such as coal dust or asbestos
- Indoor air pollution from fuels used for cooking and heating in poorly ventilated homes
- Genetics
- Excessive childhood respiratory infections

COMMON COPD SYMPTOMS

SHORTNESS OF BREATH
FREQUENT COUGH
COUGH WITH MUCUS
FREQUENT COLDS
NOSE AND THROAT INFECTIONS
FATIGUE
BLUE LIPS OR FINGERNAILS



COPD is a long-term disease that doesn't go away and usually gets worse over time. 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/copdinfo

Get the facts about **COPD**

(Chronic Obstructive Pulmonary Disease)

MYTHS

Only smokers get COPD.

COPD is a rare disease.

I haven't got COPD. This is just a smoker's cough.

I've smoked for more than 20 years. Stopping now won't make any difference.

COPD only happens to old people.

There is no treatment for COPD.

Getting started with oxygen therapy is a death sentence.

BUSTED

FACT: 10% to 20% of people who get COPD have never smoked. Right now that number adds up to between 24,000 and 48,000 COPD patients who never smoked.



FACT: COPD is the third leading cause of death in the US, impacting roughly 24 million Americans.

FACT: There is no such thing as a smoker's cough. If you're experiencing a distinctive and repetitive cough and/or sputum, you probably have an inflamed airway, which may be a sign of chronic bronchitis. If you have a persistent cough, see a qualified health care provider.



FACT: When you stop smoking you achieve two benefits to counter COPD. First, you dramatically reduce your risk for a heart attack (myocardial infarction). Secondly, you increase your life expectancy, adding literally years to your life. So it's never too late to stop smoking to improve your health.

FACT: COPD can occur at any age. While most people with COPD contract the disease in their 60s or later, it can occur as early as 40 and, in rare cases, even earlier.



FACT: COPD is a treatable condition and there are many options to help you manage the disease and feel better.

FACT: Many patients with COPD live 10 years and more while on oxygen therapy. With the latest, lightweight and portable oxygen concentrators, oxygen therapy no longer limits your mobility so you can continue activities outside of your home.

