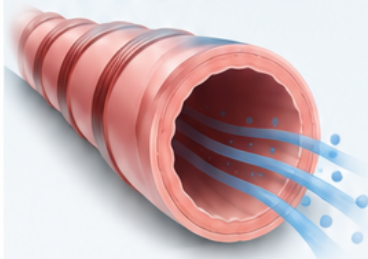




Asthma is a common condition that affects the airways in your lungs. When you have asthma, the airways can become inflamed and sensitive. The muscles around them tighten, the lining can swell, and extra mucus may develop. These changes make it harder for air to move in and out of your lungs. The good news is that asthma is very treatable, and most people can live active, healthy lives with the right treatment plan.

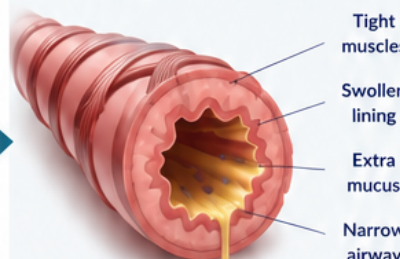
YOUR AIRWAYS: WHAT'S HAPPENING

HEALTHY AIRWAY



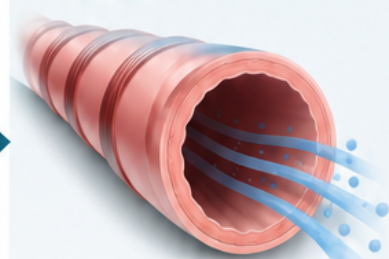
Air moves freely.
The airway is open and the lining is calm.

WITH ASTHMA



Airflow is reduced.
Swelling, tight muscles, and mucus make it harder for air to move in and out.

AFTER TREATMENT



Breathing becomes easier.
Treatment helps reduce swelling, relax muscles, and clear mucus.

COMMON SYMPTOMS



Wheezing



Shortness of breath



Chest tightness



Nighttime cough

Not everyone experiences asthma the same way. Some people cough more than they wheeze, while others notice symptoms mainly during exercise or at night.

DID YOU KNOW?

- ✓ Asthma can begin in childhood or adulthood.
- ✓ Symptoms can come and go—and change over time.
- ✓ Many people have completely normal breathing between symptoms.
- ✓ With the right plan, most people with asthma can stay active and do the things they enjoy.

KAREN'S PERSPECTIVE



“One of the biggest misconceptions about asthma is that symptoms are just something you have to live with. My goal is to help you understand your asthma so we can keep it well controlled and help you stay active.”

— Karen

QUESTIONS FOR KAREN

- ? How do you know I have asthma?
- ? Can asthma symptoms change over time?
- ? Can asthma be cured?



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QUESTIONS ABOUT THIS TOPIC?



Karen's Corner
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Have a question after reading this Field Note? Send it to Karen's Corner. Your question may even inspire a future educational resource.

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