

Asthma: True or False?

Here are some things you might have heard about asthma. Don't believe everything you hear. Know the truth.

False: Asthma is not serious. It's just a cough, just a wheeze.

True: Asthma can be very serious. Breathing problems that start out mild can turn deadly. Follow the Asthma Action Plan that you and your doctor have put in place.

False: Children will outgrow asthma.

True: Asthma never goes away. A flare-up can come back at any time without warning.

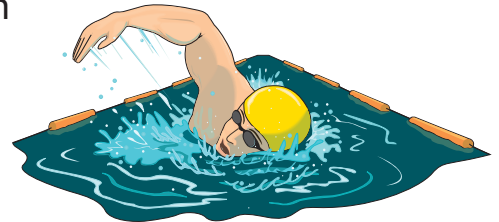
False: My asthma comes and goes. I only have asthma when I have trouble breathing.

True: People with asthma have it all the time, even when they don't have trouble breathing.

False: You cannot play sports if you have asthma.

True: Many star athletes have asthma. To stay in the game:

- Take your medicine the way your doctor tells you to take it
- Follow your Asthma Action Plan
- Avoid asthma triggers when you can



Notes: