

# What Is Asthma?

Asthma is a disease of the lungs. When you have asthma, the airways or breathing tubes in your lungs are very sensitive to many things in the air.

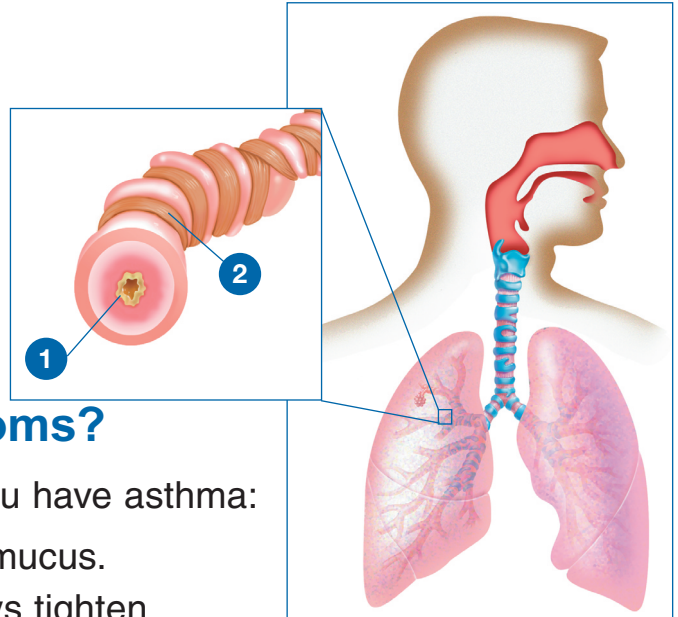
## What does asthma feel like?

You might have asthma if you cough, wheeze, have chest tightness, or become short of breath during the day or night.

## What happens when you have asthma symptoms?

Two main things happen when you have asthma:

1. The airways swell and fill with mucus.
2. The muscles around the airways tighten.  
This makes the airways smaller.



## Tips to help keep your asthma under control

- Take your asthma control medicine as directed by your doctor. Don't miss a dose even if you feel fine.
- Stay away from the things that start, or trigger, your asthma flare-ups.

**Can asthma be cured?** No. Asthma cannot be cured. It stays with you every day. You have asthma even when you feel fine. The good news is that asthma can be well managed! You should expect nothing less.

Notes: