

# Asthma

## BRONCHOSPASM



### What is it?

Narrowing of airways by inflammation  
Wheezing  
Coughing  
Shortness of breath

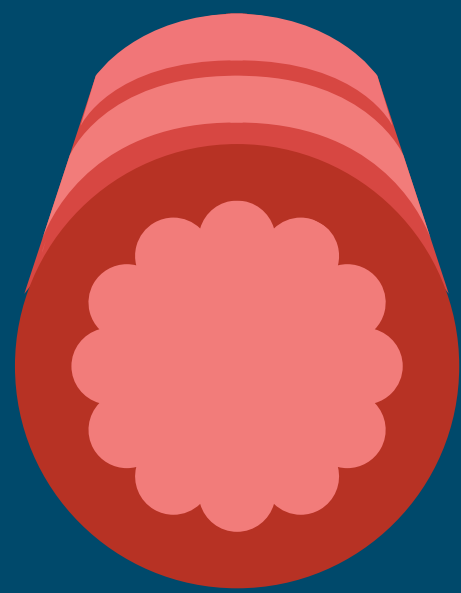
Tightness in chest  
Chronic  
Exercise-induced

### GOOD

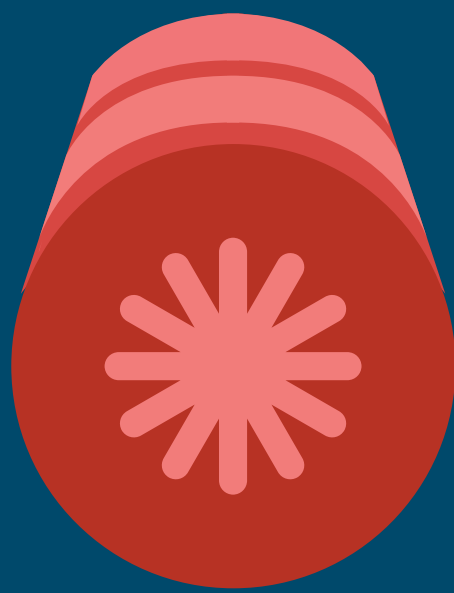
- Asthma is under control and breathing is good
- No coughing, wheezing, chest tightness, or shortness of breath during day or night
- Peak Flow (80-100% of best peak flow)
- Take prescribed long-term control meds

### WARNING

- Asthma is getting worse
- Beginning to have asthma symptoms  
Coughing  
Chest Tightness  
Wheezing  
Shortness of Breath
- Sleep and activities may be affected
- Feel more tired than usual
- Peak Flow (50-80% of best peak flow)



Normal Airway



Asthmatic Airway



Asthmatic Airway During Attack

## TRIGGERS

### ALLERGENS



Pets  
Pollen  
Dust Mites  
Cockroaches  
Indoor Mold

### IRRITANTS



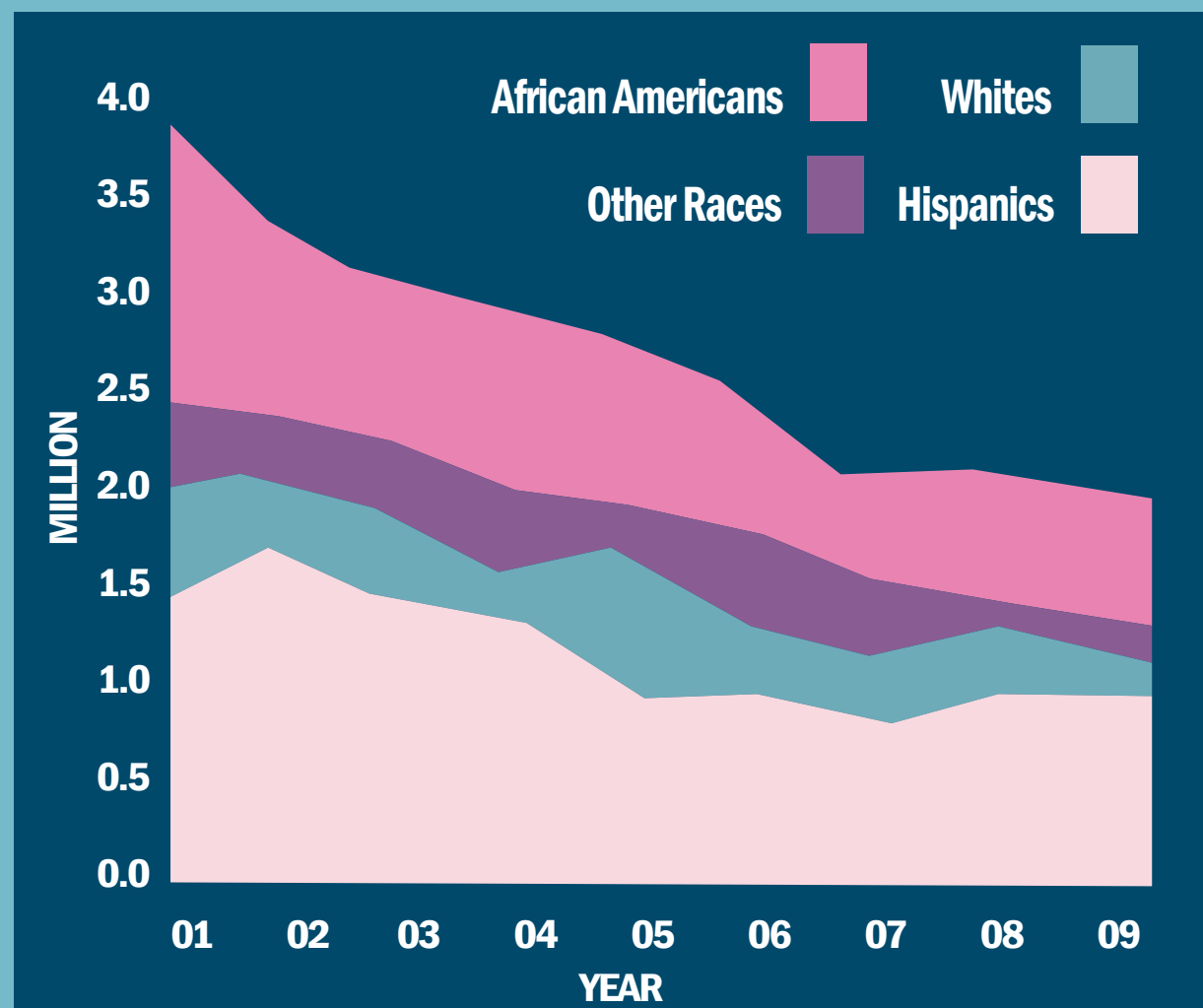
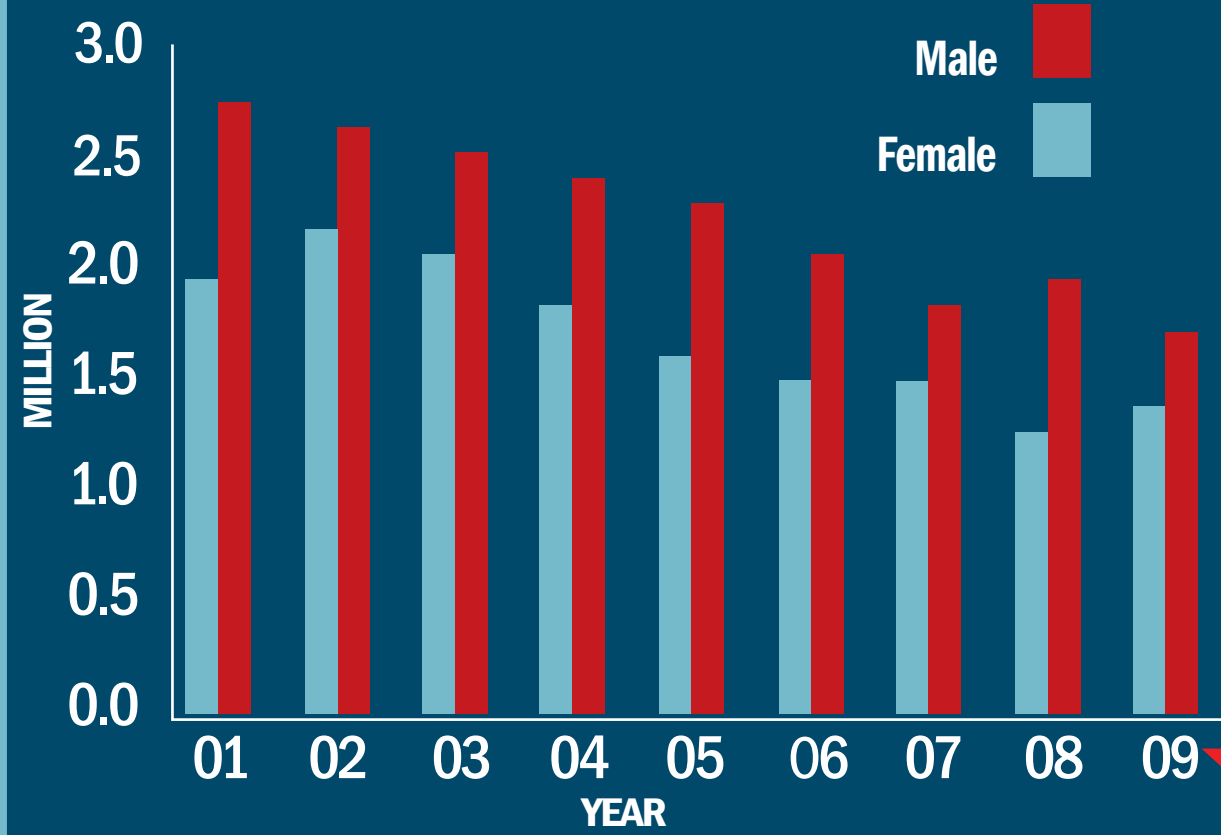
Odors  
Aerosol Sprays  
Smoke

### OTHER



Exercise  
Colds/Respiratory Infection  
Stress  
Weather/Temperature  
Food Allergies/Sensitivities

### Incidence and Prevalence



### SEEK MEDICAL HELP

- Asthma is getting worse fast
- Cannot participate in usual activities
- Quick Relief/Rescue medicines are not helping
- Common Symptoms  
Frequent severe cough  
Severe shortness of breath  
Wheezing  
Trouble talking or walking  
Skin between ribs or neck is sucked in
- Seek medical help

### SOURCES

[http://www.cdc.gov/nchs/data/series/sr\\_03/sr03\\_035.pdf](http://www.cdc.gov/nchs/data/series/sr_03/sr03_035.pdf)  
www.asthma.com

### ACKNOWLEDGEMENTS

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