

QUESTIONS & ANSWERS

What are the effects of asthma?

The airway constriction and inflammation caused by asthma can result in common symptoms such as wheezing, coughing, chest tightness, or shortness of breath. When these symptoms happen, their severity differs from person to person. They may get better or worse with time. Through daily monitoring of symptoms and medication use, you and your doctor together can create an Asthma Action Plan to help you control them.

Can asthma be cured?

No, asthma cannot be cured, but it can be managed. Asthma is a chronic disease in the airways of your lungs. You may need to monitor your asthma symptoms every day because the disease is always with you.

Can I play sports if I have asthma?

Most people with asthma can participate in all types of physical activity. Physical activity can provide many benefits for people living with asthma. Talk to your doctor about how to manage your asthma while playing sports. If you start to have pain or a tight feeling in your chest, have a cough, or become short of breath during exercise, stop the activity right away and follow your doctor's instructions.

Who gets asthma?

Asthma tends to run in families, which means that you are more likely to develop asthma if someone in your family already has it. Children with eczema or food allergy are more likely than other children to develop asthma.

Allergy to pollen, house dust mites or pets also increases your chance of developing asthma. Exposure to tobacco smoke, air pollution or other inhaled irritants can also cause asthma symptoms in those with an underlying tendency to asthma.

At what age does asthma start?

Asthma can start at any age, although about half of all people with asthma have had their first symptoms by the age of 10, and many children with asthma have had their first asthma attack before the age of 6.

Can weather changes trigger asthma?

Yes, sudden weather changes (e.g. cold winds, humidity and storms) can trigger asthma in some people. Some of these sudden changes can cause the release of allergens, such as pollen, that can make asthma worse in people whose asthma is allergy-related. Cold air can also have a direct irritant effect on inflamed airways.