

What is Asthma?

Asthma is a chronic lung condition that affects your airways or bronchial tubes. It causes your airways to narrow, swell and produce extra mucus, which in turn makes it more difficult to breathe. The narrowing of the airways causes you to feel short of breath, wheezy or trigger fits of coughing.

Asthma can affect people of all ages but while it might be mild for some, for others it can be more severe. For those severely affected, it can have a major impact on normal everyday activities or cause life-threatening [asthma attacks](#).

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