

What is Asthma?

Asthma is a chronic (long-term) lung condition that affects your airways or bronchial tubes. It can cause your airways to narrow and their lining to swell and to produce extra mucus, which makes it more difficult to breathe. The narrowing of the airways causes you to feel short of breath, wheeze, or cough. [1] Asthma is there even when you don't have any symptoms.

Asthma can affect people of all ages. While it might be mild for some, for others it can be more severe. It is important to know that all severities of asthma can impact normal everyday activities and people with infrequent asthma symptoms can still have life-threatening asthma attacks if their asthma is not treated appropriately.

While there is no cure for asthma, it can be effectively managed. The symptoms can be controlled, [2] and the risk of attacks greatly reduced. Not everyone with asthma will have exactly the same symptoms and it can change over time. This is one reason why it's important to have regular checks with your doctor or asthma nurse, so they can monitor your asthma and change your treatment if necessary.

