

# Get the facts about **ASTHMA**

## MYTHS

## BUSTED

Asthma can be cured.

**FACT:** There is no cure for asthma, but with regular treatment, it can be controlled, allowing patients to live full and productive lives.



You only have asthma when you have trouble breathing.

**FACT:** Asthma is a chronic condition, meaning it is there all the time. People with asthma have airway inflammation even when no symptoms are present.

Asthma attacks are always sudden and severe.

**FACT:** Most asthma attacks develop slowly with a gradual increase in symptoms like chest tightening, breathlessness, coughing, and wheezing. Recognizing your symptoms early can help you address the issues before an asthma attack becomes severe.



Asthma medication is only used when a person is having an asthma attack.

**FACT:** Medications are one of the most important tools for managing asthma symptoms and preventing them from getting worse. These include daily and long-term controller medicines, which are different from the medicines used to deal with an asthma attack. What's important is to take your medicines as prescribed every day even if you don't experience any symptoms.

Children can outgrow asthma.

**FACT:** Asthma is not a disease you outgrow. Symptoms can improve or resolve during adolescence and adulthood, but the disease never goes away.



Moving to a dry climate can cure asthma.

**FACT:** A change in environment may have a temporary impact on improving asthma symptoms, but it won't cure the disease. Reducing the asthma triggers in your environment may be more helpful than moving to a different climate.

Allergies have nothing to do with asthma.

**FACT:** Roughly 70% of people with asthma also have allergies. Allergies increase lung inflammation and can trigger coughing, wheezing, and shortness of breath. When allergies are effectively treated, asthma symptoms often improve.



People with asthma shouldn't exercise.

**FACT:** Exercise is a critical element in healthy living, particularly for those with asthma. Regular exercise helps improve lung function. Additionally, weight loss reduces the risk of asthma and helps people with asthma breathe easier.