

## **ASTHMA**

**Asthma** is a chronic inflammatory disease of the lungs. Some common triggers for asthmatic lungs include upper respiratory infections like colds or ear infections, exercise, environmental allergens, cigarette smoke and cold air. Once the small airways of the lungs of someone with asthma are triggered, they get smaller due to muscle tightening, make extra mucus and become swollen or inflamed. The swelling, mucus production and tightened airway muscles produce symptoms including shortness of breath, cough, increased work of breathing and wheezing. Sometimes even mild symptoms can indicate that asthma needs better treatment and control.

Our goal is to help you to achieve excellent control of your child's asthma. To achieve this goal, we pledge to give you the time and education required to completely understand, manage and maintain that control.

**Please call our office to schedule an appointment at your convenience with one of our expert Providers to discuss your child's asthma.**