

CAN ASTHMA BE PREVENTED IN CHILDREN?

Asthma cannot be prevented. You can limit your child's exposure to the things that cause asthma, especially in the first years of life, by:

- Not smoking in the house!
- Keeping your house clean.
- Keeping cats or dogs out of your child's bedroom.
- By breastfeeding infants as long as possible.

Breast milk is healthier than powdered milk, and can delay or prevent asthma allergies.

ASTHMA CAN BE TREATED AND CONTROLLED

If you think your child has asthma, please consult your doctor. You control your asthma by staying away from the causes of asthma and also taking medicine as explained by your doctor. Take only medicine prescribed by your doctor to you.

For more information on the Internet about asthma, please visit:

www.cdc.gov/asthma

www.lungusa.com



Information for this brochure was adapted from materials developed by:

Centers for Disease Control

The American Lung Association

The Office of Minority Health

The American Academy of Family Physicians

New York State Department of Health

This brochure was developed with funding from the Department of Health and Human Services Office of Refugee Resettlement.



What is Asthma?

CONTACT INFORMATION:

riht@uscrdc.org

U.S. Committee for Refugees and Immigrants

**1717 Massachusetts Ave., NW
Suite 200**

Washington, DC 20036

Phone: 202 • 347 • 3507

Fax: 202 • 347 • 7177

www.refugees.org



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

WHAT IS ASTHMA?

Asthma is a disease that makes breathing difficult. There are tubes in our bodies that carry air to the lungs. Asthma causes these tubes to swell, making it difficult to breathe. There is no cure for asthma, but it can be treated with medicine and can sometimes be prevented.

ASTHMA IS DIFFERENT FROM COLDS, THE FLU, BRONCHITIS, AND PNEUMONIA

Asthma is not caused by a virus and cannot spread from person to person. There is no cure for asthma, but there are medicines that can help prevent, or treat asthma attacks.

WHAT CAUSES ASTHMA?

The causes of Asthma are different from one person to another. The most common causes of asthma are:

- dust,
- pollen,
- pet hair,
- cockroaches,
- cold,
- air pollutants like tobacco smoke, car exhaust,
- cleaning products and perfumes
- illness,
- cold and windy weather, and
- rigorous or hard exercise (this does not mean people with asthma cannot exercise).

SIGNS OF ASTHMA

Asthma sometimes occurs suddenly making it difficult to breathe. This is known as an attack. If your child has any of the following problems he or she may have asthma:

- wheezing when breathing,
- taking short breaths,
- feel tightness in the chest, or
- cough in the evening or morning.

