



Find an Allergist. Find *Relief* From Your Asthma Symptoms



What is asthma?

An estimated 26 million people in the United States have asthma. The condition causes inflammation and narrowing of the bronchial tubes, the passageways that allow air to enter and leave your lungs. Though asthma is a chronic condition, an allergist can treat your symptoms so that you can lead a productive and healthy life.

How to know if you have asthma

Many people overlook or are unaware of the signs of asthma, especially if their symptoms aren't severe. An allergist can help you identify asthma symptoms and triggers and can recommend treatments that work for you. Allergists are specialists in diagnosing and treating asthma and in getting your symptoms under control.



The most common signs of asthma are:

- Coughing, especially at night, during exercise, or when laughing
- Difficulty breathing
- Chest tightness
- Shortness of breath
- Wheezing

Understanding what triggers asthma

Asthma has many causes and triggers, including:

- Allergens like pollen, animal dander, or dust mites
- Irritants in the air such as smoke or chemical fumes
- Extreme weather conditions
- Exercise
- Illness, particularly a respiratory illness like the flu
- Shouting, crying, or laughing

How to treat your asthma

With the help of an allergist, you can control your asthma and enjoy a healthy and productive life. Many effective medicines are used to treat asthma. Most people who have asthma need two kinds of treatment: quick-relief medicines and long-term control medicines. Immunotherapy (allergy shots and tablets) can also help.

Learn more about asthma and take the first step to finding relief at acaai.org/find-an-allergist.



Giselle found relief from her asthma symptoms. You can, too.

Sometimes Giselle, a musical theater major, could hardly catch her breath – let alone belt out a song – because of her allergic asthma. With the help of her longtime allergist, Giselle was given the tools to control her symptoms every day.

“My allergist has had a huge impact on my health and life,” she says. “Ten years ago, I never thought I’d be in college and living alone. It’s really a miracle.”

