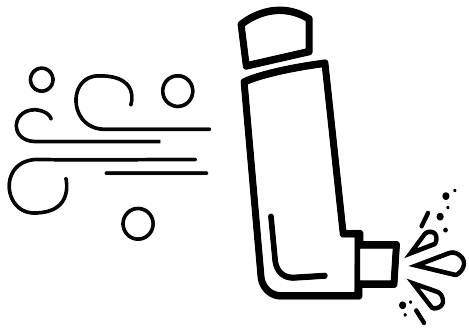


WHAT IS ASTHMA?

Asthma is a chronic lung disease that affects the breathing passages within the lungs. It can be mild or severe, but it is a life-threatening condition if not well controlled.



SYMPTOMS & EFFECTS

- Coughing
- Wheezing
- Shortness of breath
- Chest tightness
- Pneumonia and influenza can be life-threatening for people with asthma

KEEPING ASTHMA UNDER CONTROL

- Do you use your rescue inhaler more than three times per week?
- Do you wake up at night more than once a week because of your symptoms?
- Does asthma prevent you from exercising or doing regular activities like housework?
- Do you miss work or school because of asthma?

If you have asthma and answered “yes” to any of the questions, **your asthma is not well controlled.**

The good news is, there are some ways you can help keep your asthma in check.



- Symptoms can be controlled, prevented, or relieved through medication
- You can also avoid triggers, including smoking, intense exercise, fumes, dust, mould, pets, pollen, and exposure to respiratory infections
- Keep up-to-date on immunisations for respiratory disease like pneumonia and influenza



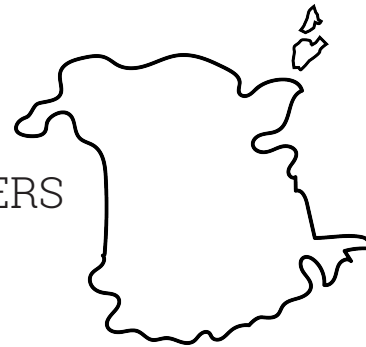
DID YOU KNOW?

APPROXIMATELY

1 IN **10**
EVERY

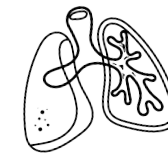
NEW BRUNSWICKERS
LIVES WITH
ASTHMA*

*Source: Statistics Canada



HOW NB LUNG IS HELPING:

We offer patient counselling and education, and advocate for improved access to medication.



For more asthma information and support, please visit us at nblung.ca, email info@nblung.ca, or call 506-4-455-8961.