

A weekly resource
for your well-being

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A TIP FOR TENNESSEANS

May 2, 2017

9 SURPRISING ASTHMA SYMPTOMS

Asthma is a disease that affects your lungs. It's not always something you're born with. In fact, it can start at any time in life. And a study showed that almost half of people with asthma developed it as an adult. It's important to know about asthma symptoms and how to treat them. Otherwise, your lungs can be damaged. If you or someone you care about has any of these symptoms that don't go away, talk with your doctor.

1. **You cough a lot** when things like pollen, smoke, and mucus irritate your lungs.
2. **You get frequent lung infections** like bronchitis.
3. **You clear your throat often** when mucus gets stuck.
4. **You wheeze**, especially when you get a cold.
5. **You wheeze or cough after exercise**—a common trigger for asthma.
6. **You feel winded** or tight in your chest with light exercise.
7. **You cough a lot at night.**
8. **You feel tired**, which can happen when it's harder to breathe.
9. **You often lose** your voice or sound hoarse.

If your breathing changes, talk to your doctor. If you have asthma, you can learn how to control and still live an active, healthy lifestyle.



Use your resources.

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References:

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<https://www.sharecare.com/health/asthma-respiratory-problems/article/surprising-asthma-signs>
"Wheezing: Causes." Mayo Clinic, 15 April 2015. Web. 10 March 2017.
<http://www.mayoclinic.org/symptoms/wheezing/basics/causes/sym-20050764>

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