

## ASTHMA

Asthma is one of the most common chronic (long-term) diseases in children. Around 4.5 million children in the United States have asthma, 6.2% of children under the age of 18 are diagnosed with asthma. It is also one of the main causes for missed school days. It cannot be cured, but it can be managed. The goal is to help keep these students healthy and in school. If your child has asthma and you have not already done so, please notify the school.

What is asthma? Asthma is a chronic lung disease. It causes the airways, (breathing tubes in the lungs) to get smaller, making it hard to breathe. Some common symptoms you might see or hear children/adolescents complain of; coughing, wheezing, chest tightness, and trouble breathing.

Asthma can be well managed by avoiding triggers (things that make it worse such as allergens, cold weather, and smoke), taking care of general health (sleep, exercise, good diet), medications.



How do I know if my child's asthma is well managed?

- Your child can run and play as much as they want
- Your child doesn't miss school, work, or activities.
- Your child sleeps well at night
- You can't remember the last time your child had to visit the ER (emergency room) for asthma.

If your child has any of the following, they are not well controlled and you should reach out to your Primary care provider:

- Has asthma symptoms or takes their quick-relief inhaler more than two times a week (not counting pre-treatment for exercise)? OR
- Wakes up at night with asthma symptoms more than two times a month (when feeling well)? OR
- Refills their quick relief inhaler more than two times a year?

If you have questions and/or would like more information/education/resources, please reach out.

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References used: CDC.gov, AAFA.org, healthychildren.org, Childrenscolorado.org