

Match the asthma MYTHS with the asthma FACTS

MYTHS:

"Asthma isn't real. It's all in the mind"

"Asthma attacks only happen when people run too much or are overweight"

"People with asthma cannot be athletic. Asthma holds them back"

"You can grow out of asthma"

"Asthma is not that serious; you can just breathe through it"

"You only get asthma when you are young"

FACTS:

You can get asthma at any age, even if you didn't have it as a child.

As long as their asthma is well-managed, people with asthma are encouraged to be physically active. There are many major athletes and entertainers that have asthma.

Asthma is a real physical condition that affects the airway making it hard to breathe. It cannot be controlled by the mind.

Asthma is a serious condition that can make people very sick if it is not well-managed. It can even cause death.

Asthma can affect people of all ages. Symptoms can go away, but they also can come back later in your life

Triggers are different for each person. Exercise can be a trigger for some people with asthma, but not everyone. Other triggers may include pollen, dust or smoke - and many more.