

# Asthma

a short guide

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## What is Asthma?

**Asthma** (AZ-ma) is a chronic (long-term) lung disease that inflames and narrows the airways.

Asthma causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and coughing.

Somebody can be subject to a mild asthma attack or a severe asthma attack.

## Asthma Facts

5.4 million people in the UK are currently receiving treatment for asthma 1.1 million children (1 in 11) and 4.3 million adults (1 in 12). Asthma prevalence is thought to have plateaued since the late 1990s, although the UK still has some of the highest rates in Europe on average 3 people a day die from asthma.

“ I learnt so much on this course especially because my daughter has asthma



If you would like to learn more about asthma and how to help someone book a course with us

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