

## Asthma Dictionary

<b>Allergen</b>	A substance that is capable of producing an allergic reaction. Common allergens include animal dander, dust mites, mold and pollen.
<b>Asthma</b>	A chronic inflammatory disorder of the airways. The inflammation causes recurrent episodes of wheezing, breathlessness, chest tightness and cough, particularly at night and early in the morning. Asthma symptoms may be provoked by a variety of factors, including allergens, irritants, exercise and others.
<b>Attacks</b>	You can still have an asthma attack even if you take your medication every day. It is important to have an asthma management plan so you know what to do if you have an attack.
<b>Breathlessness</b>	If you took a straw and tried to take a big, deep breath through it, you would feel like almost no air was going into your lungs. That's what breathlessness feels like.
<b>Bronchial tubes</b>	Air travels through these two big tubes in your lungs. Asthma can make these tubes red, swollen (inflammation) and even squeezed like a tube of toothpaste.
<b>Bronchioles</b>	Smaller airways that branch out like a tree from the bronchial tubes.
<b>Chest tightness</b>	A symptom of asthma. It feels kind of like a knot in your chest and can make it hard for you to take a breath.
<b>Chronic</b>	"All the time." Asthma is a chronic disease – a disease you have all the time, even when you feel good.
<b>Contagious</b>	Contagious means you can "catch" a disease that a person has. A cold is contagious but asthma is not.
<b>Dander</b>	Dead skin cells of furry or feathered pets. Can be an asthma trigger.
<b>Disease</b>	A type of illness. It is something that makes you sick.
<b>Inflammation</b>	When you have asthma, an inflammation of the airways means they are red and swollen. People with asthma take medication to get rid of inflammation because it can cause breathing problems.
<b>Irritant</b>	A substance that produces an irritation. Tobacco smoke, strong odors from paints, pesticides, perfumes and cleaning products, and air pollution are examples of irritants associated with asthma.
<b>Irritate</b>	Triggers, such as dust, cats or smoke may bother or "irritate" your airways. Coughing or wheezing is a message that your airways are irritated.
<b>Lungs</b>	Your lungs give your body the new clean air that it needs to live and get rid of the old used air your body no longer needs. The bronchial tubes and bronchioles are important parts of the lungs' breathing factory.

<b>Manage</b>	When you “manage” your asthma, it means you are taking care of your disease so it does not affect you at school, work, rest or play. If you do a good job of managing your asthma (taking your medication as directed by your doctor and avoiding your “triggers” whenever possible), you may be able to breathe easier and function as well as people who do not have asthma.
<b>Mucus</b>	You know the stuff you sometimes have in your nose and in your throat and chest? That is called mucus. When you have asthma, the mucus in your chest can get very sticky, making it hard for you to breathe. It traps air in your lungs.
<b>Rescue Medicine</b>	Also called quick-relief medicine. The drug, Albuterol, stops an asthma attack.
<b>Secondhand Smoke</b>	Tobacco smoke exhaled near others is secondhand smoke. It can be an asthma trigger and cause breathing difficulty or an asthma attack. It also damages the lungs of others who breathe it.
<b>Triggers</b>	In asthma, a trigger is anything that causes breathing difficulty. Dust, tobacco, smoke, some pets, strong odors and exercise are some of the triggers that can cause wheezing, coughing and breathlessness.
<b>Upper respiratory Tract</b>	The respiratory tract extends from the nose to the lungs. The upper part of the respiratory tract is made up of the nose, throat, sinuses and larynx.
<b>Wheezing</b>	Wheezing is the funny sound your chest makes when you experience asthma. If you listen carefully, sometimes it sounds like a whistle.
<b>Windpipe (trachea)</b>	The windpipe, also known as the trachea, is sandwiched between the voice box and the bronchial tubes. The role of the windpipe is to carry air to and from the lungs.