Asthma

Ian W. B Grant

Asthma is a chronic inflammatory disease of the airways characterized by variable and recurring symptoms, including episodes of wheezing, shortness of breath, chest tightness, and coughing. It affects approximately 34 million people in the U.S., making it one of the most common chronic diseases in children and adults. It is a condition in which the airways become inflamed and narrow, making breathing difficult. Understanding the triggers and management strategies is crucial for controlling asthma symptoms and improving quality of life.