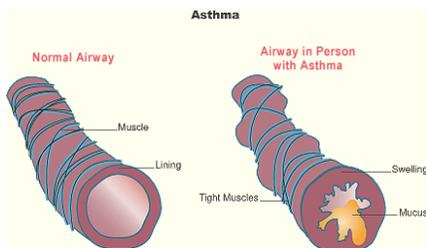




**Try small steps toward a goal.**

## You Can Make a Difference in How You Feel

Did you know that if you have asthma, you **always** have inflammation (swelling) of your large airways (bronchiole tubes), even when you are not coughing, wheezing or having trouble catching your breath?



## Did you know that things in your house and things that you do can trigger an asthma episode (attack)?

Triggers can cause inflammation (swelling) and mucus to get worse, which may cause asthma symptoms to happen more often.

When you are ready, you may want to try to get rid of triggers especially if they are around you a lot.

## Have a clinic appointment?

Some things to think about...

- Are there any concerns or topics you want addressed at the visit?
- Do you need any forms filled out (i.e. sports, work permits)?

Bring with you...

- Information from any specialists (other clinics), therapists, emergency room visits, or inpatient admissions you have seen since your last clinic appointment
- Your spacer and inhaler

For more information, please contact:



## Asthma Center

Cincinnati Children's Hospital Medical Center

**Appointment: 513-636-2601**  
**Advice / Refills: 513-636-6771**  
**After Hours: 513-636-4200**

# The Benefits of Healthier Asthma Choices

If you've thought about making changes to better control your asthma but it seems hard to get there, you may want to explore why. Or you may want to try small steps toward a small goal.



