

Asthma



Asthma is caused by swelling and narrowing of the breathing tubes.

This typically occurs after an exposure to a trigger but sometimes can seem to occur for no obvious reason. Common asthma triggers include:

- **Allergies**
- **Smoke, pollution and cold air**
- **Exercise**
- **Infections like colds or flu**

Symptoms

- **Whistling sound when breathing (wheezing)**
- **Breathlessness**
- **Tight chest**
- **Coughing**

NICHS offers a range of **FREE** information and support for people living with asthma. For more information, please visit www.nichs.org.uk

7 Health and Wellbeing Tips



Eat a balanced diet



Keep physically active



Maintain a healthy weight



Moderate your stress levels



Moderate your alcohol intake



Stop smoking



Get enough sleep

