



# What to Know About Asthma and Allergies

Asthma and allergies are related conditions that often go hand-in-hand as they share common triggers and symptoms.



**Asthma** is a chronic, long-term condition that affects 1 in 13 people in the U.S. It inflames and narrows the airways in the lungs, making it more difficult to breathe.



**Allergies** occur when a person's body reacts to substances in their environment.

## Symptoms

- Symptoms of asthma can include coughing, wheezing, chest tightness, and shortness of breath. Some asthma sufferers will also experience allergy symptoms, such as red and itchy eyes, sneezing, and a stuffy, itchy or runny nose.
- Many people have a type of asthma known as allergic asthma, where exposure to allergens such as pollen or pet dander can trigger or worsen asthma symptoms.

## Treatment

- There is no real way to cure asthma, but some quick relief medicines — like an inhaler or long-term control medication such as a steroid hormone — may help reduce flare-ups.
- Managing your asthma means working with your healthcare provider, who will examine your medical history, and run different tests to help determine what may trigger your asthma. It's important to take your medications as prescribed and avoid specific triggers.
- Allergies can be treated with antihistamines, decongestants, nasal steroids, asthma medicines and immunotherapy depending on the severity. To prevent allergies, individuals should avoid products that contain allergens.

If you suspect you have allergies and/or asthma, talk to a healthcare provider who can help with diagnosis and recommend appropriate treatment.

Sources: <https://www.nlm.nih.gov/health/asthma/causes> | <https://aafa.org/asthma/asthma-triggers-causes/allergic-asthma/> | <https://www.allergy.org.au/patients/about-allergy/what-is-allergy>

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