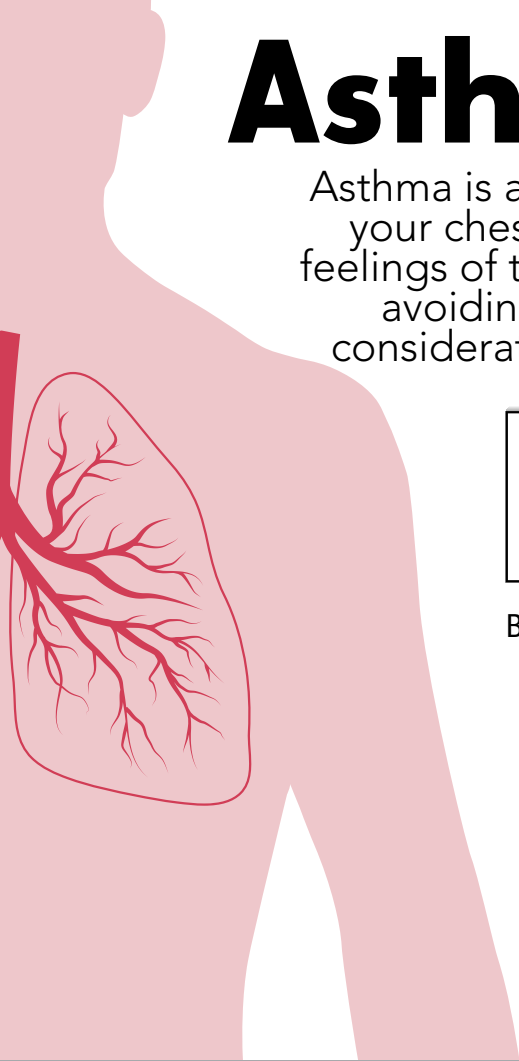
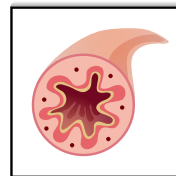


Asthma & Disability

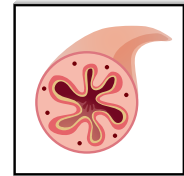
Asthma is a lung disease that makes it harder to breathe, causing your chest to become tight with wheezing and coughing and feelings of tiredness. Asthma can be controlled with medicine and avoiding triggers that can cause an attack. Here are some considerations for asthma and disability that can help you treat asthma and breathe easier.



Normal Bronchial Tube



Inflamed Bronchial Tube in Asthma



Inflamed Bronchial Tube During an Attack

TRIGGERS



Mold



Smoking



Pets & Pests



Pollen



Stress



Dust



Pollution



Cold Air



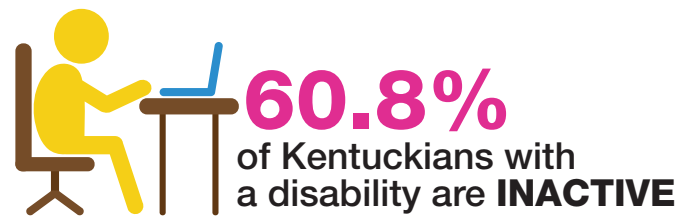
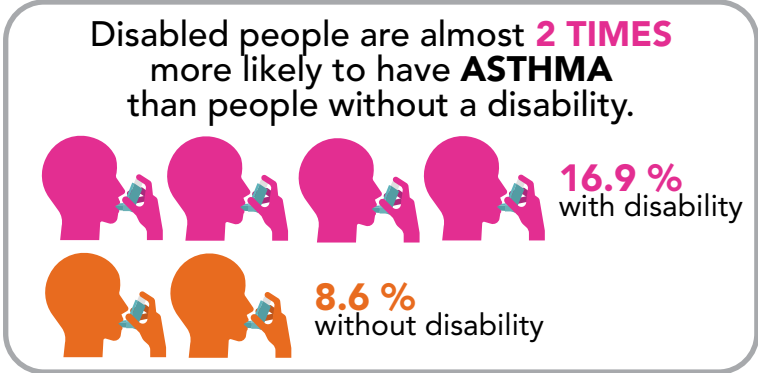
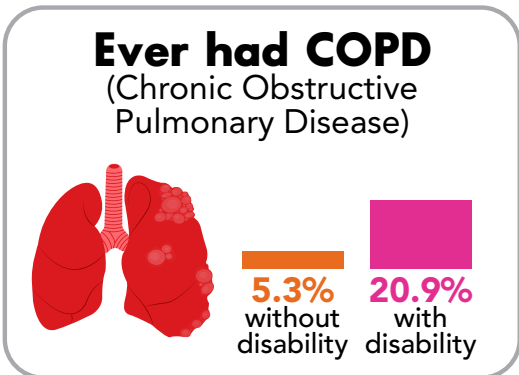
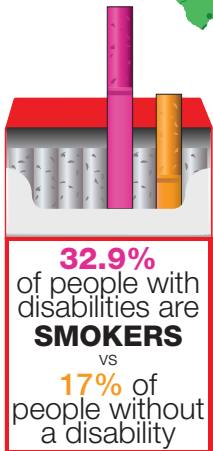
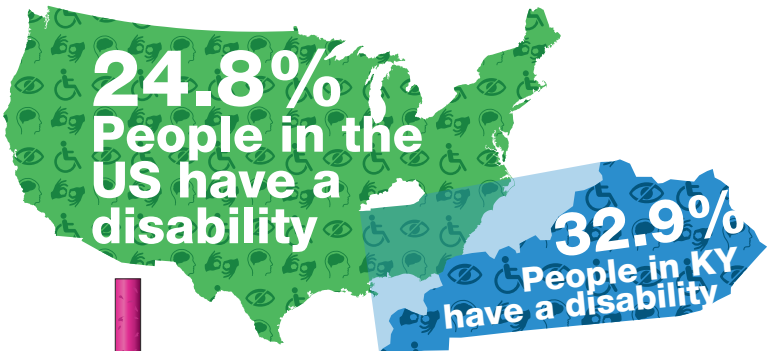
Household Cleaners



Activity

Health in Kentucky

KEY
■ With a disability
■ Without a disability



(CDC, 2019- 2020)

www.wellness4ky.org



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