

ASTHMA

IN THE LEHIGH VALLEY

More than 27 million people in the U.S. have asthma. According to the Asthma and Allergy Foundation of America, **Allentown, PA is the most challenging place to live with asthma in the United States**. It is a long-term disease that causes your airways to become swollen and inflamed, making it hard to breathe. There is no cure for asthma, but it can be managed and controlled. Though asthma can't be cured, understanding symptoms and common triggers can go a long way to helping you manage and control your asthma.

COMMON TRIGGERS



Pollution



Dust



Pollen



Pets



Smoke



Molds

SYMPTOMS



Shortness of Breath



Chest Pain



Wheezing



Cough

Take charge of your asthma! Specific IgE blood tests, along with your doctor's insights can unlock the secrets behind your asthma triggers. This knowledge can be a powerful tool to help you breathe easier and live a fuller life.