



# Asthma FACTS

*chronic inflammatory disease*

*cannot be cured,*

*can be managed*

(...)

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Asthma is a chronic inflammatory disease of the airways. It is characterized by recurrent episodes of wheezing, breathlessness, chest tightness and coughing, particularly at night and in the early morning. These symptoms are caused by inflammation and narrowing of the airways, which leads to difficulty breathing. Asthma is a long-term condition that cannot be cured, but it can be managed with medication and lifestyle changes.

