



# Asthma Myths...Busted!

Community Pediatric Asthma Service

- 1. Asthma can be cured.**
  - Asthma cannot be cured, but it can be controlled, so you can live without regular symptoms.
- 2. Asthma is contagious.**
  - If someone sitting beside you has asthma, you can not catch it like you can a cold.
- 3. Asthma triggers are the same for everyone.**
  - Every person is unique and so are their triggers for asthma as well as the severity of the response to triggers.
- 4. Children can outgrow asthma.**
  - Some children appear to outgrow asthma by puberty, but even as an adult symptoms may recur with a viral illness or new allergic trigger.
- 5. I need to avoid sports and physical activity because I have asthma.**
  - Exercise regularly for good health.
  - When your asthma is in good control, there are no limitations to sports and exercise.
  - You may need to take your reliever inhaler with some activities; follow your action plan.
- 6. Inhaled corticosteroids are dangerous and will stunt my child's growth.**
  - When used as prescribed, inhaled corticosteroids are safe.
  - Regular use of inhaled corticosteroids by children does not significantly affect expected adult height.
- 7. I can stop taking my controller medication when I start feeling better.**
  - When the controller medication is working, your symptoms decrease and you feel better. If you stop taking your controller medication, airway swelling comes back.
  - Get and follow your written asthma action plan.
- 8. My pet is not triggering my asthma because they are a hypo-allergenic breed.**
  - Some people with asthma react to animal dander (flakes of shed skin). If pets are an asthma trigger for you, then there may be no such thing as an allergy-free dog or cat.....even iguanas can trigger allergies! Reducing your exposure to pet allergens is the best way to help control your asthma.
- 9. Asthma medications are addictive.**
  - No, Asthma medications are NOT addictive. Asthma is a chronic condition (like diabetes), therefore most people with asthma need to take medication daily to control their symptoms.
- 10. My child does not have asthma because they don't wheeze.**
  - The symptoms of asthma are coughing (the #1 symptom in children), shortness of breath, wheezing and a tight chest (like an elephant sitting on your chest). Any one of these symptoms can indicate asthma.