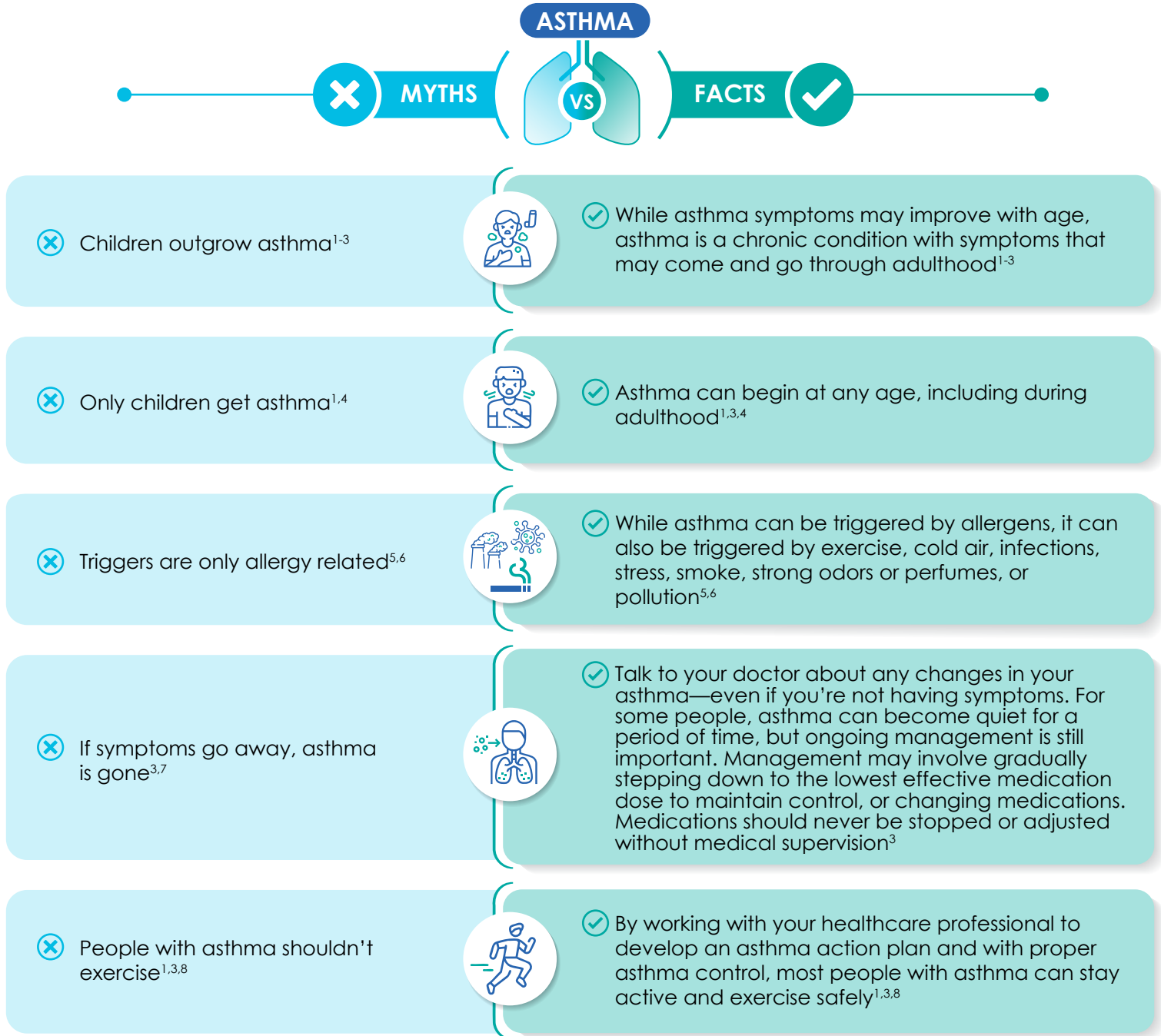


Clearing the Air on Asthma: Myths and Facts

Knowledge is power: Common asthma misunderstandings



Continue...

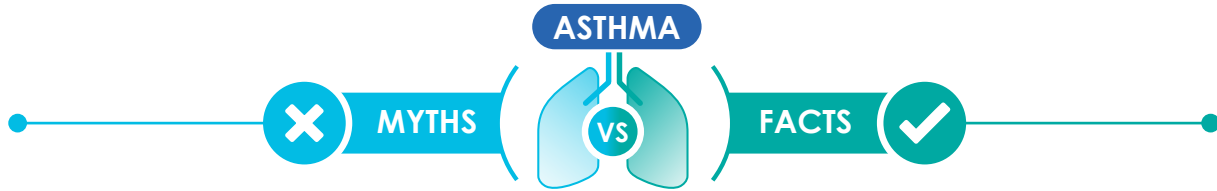
References: 1. American Academy of Allergy Asthma and Immunology. Asthma Myths, Debunked. Accessed February 12, 2026. <https://www.aaaai.org/tools-for-the-public/conditions-library/asthma/asthma-myths-debunked>. 2. Allergy and Asthma Foundation of America. Asthma in Children. Accessed February 12, 2026. <https://aafa.org/asthma/living-with-asthma/asthma-in-children/>. 3. Global Initiative for Asthma (GINA). Global Strategy for Asthma Management and Prevention. Updated 2025. Accessed February 12, 2026. <https://ginasthma.org>. 4. Centers for Disease Control and Prevention. Asthma—Most Recent National Asthma Data. Accessed February 12, 2026. <https://www.cdc.gov/asthma/most-recent-national-asthma-data.htm>. 5. American Lung Association. Reduce Asthma Triggers. Accessed February 12, 2026. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/managing-asthma/reduce-asthma-triggers>. 6. Asthma and Allergy Foundation of America. What are asthma triggers? Accessed February 12, 2026. <https://aafa.org/asthma/asthma-triggers-causes/>. 7. National Heart, Lung, and Blood Institute. Asthma Care Quick Reference—Diagnosing and Managing Asthma. Accessed February 12, 2026. https://www.nhlbi.nih.gov/files/docs/guidelines/asthma_arg.pdf. 8. American Lung Association. Being Active with Asthma. Accessed February 12, 2026. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/managing-asthma/asthma-and-exercise>. 9. National Heart, Lung, and Blood Institute. So You Have Asthma—A Guide for Patients and their Families. Accessed February 12, 2026. https://www.nhlbi.nih.gov/sites/default/files/publications/SoYouHaveAsthma_PRINT-reduced-filesize.pdf. 10. American Lung Association. Understand Your Asthma Medication. Accessed February 12, 2026. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/treatment/medication>. 11. American Lung Association. The Pathway to Managing Your Asthma. Accessed February 12, 2026. <https://www.lung.org/getmedia/d89e0cf6-8669-4415-9b8e-35d50c848f36/ALA-Asthma-Pathway-Infographic-2020-v2.pdf>. 12. American College of Emergency Physicians. Asthma. Accessed February 26, 2026. <https://www.emergencyphysicians.org/article/know-when-to-go/asthma>.



For additional information,
please visit luma-edu.com

Clearing the Air on Asthma: Myths and Facts

Knowledge is power: Common asthma misunderstandings



✗ Inhalers cause addiction¹



✓ Asthma inhalers are not addictive.^{1,9} They help open the airways or reduce inflammation, allowing people with asthma to breathe more easily¹⁰

✗ A rescue inhaler is all you need^{3,7}



✓ Frequent rescue inhaler use can signal poor asthma control.¹¹ Controller medicines help prevent asthma symptoms before they start^{3,7,10}

✗ Asthma attacks always happen without warning^{1,12}



✓ Early signs of an asthma attack include waking at night wheezing and/or coughing, chest tightness, or needing your rescue inhaler more often^{1,12}

✗ You don't need to take your controller medicine if you are feeling well³



✓ People with asthma need to continue taking their controller medicine even when they feel well, because stopping the controller medicine may increase the risk of asthma attacks³



Ask your healthcare professional about the best way to control your asthma, and work together to create a personalized asthma action plan



For additional information,
please visit luma-edu.com

References: 1. American Academy of Allergy Asthma and Immunology. Asthma Myths, Debunked. Accessed February 12, 2026. <https://www.aaaai.org/tools-for-the-public/conditions-library/asthma/asthma-myths-debunked>. 2. Allergy and Asthma Foundation of America. Asthma in Children. Accessed February 12, 2026. <https://aafa.org/asthma/living-with-asthma/asthma-in-children/>. 3. Global Initiative for Asthma (GINA). Global Strategy for Asthma Management and Prevention. Updated 2025. Accessed February 12, 2026. <https://ginasthma.org>. 4. Centers for Disease Control and Prevention. Asthma—Most Recent National Asthma Data. Accessed February 12, 2026. <https://www.cdc.gov/asthma/most-recent-national-asthma-data.htm>. 5. American Lung Association. Reduce Asthma Triggers. Accessed February 12, 2026. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/managing-asthma/reduce-asthma-triggers>. 6. Asthma and Allergy Foundation of America. What are asthma triggers? Accessed February 12, 2026. <https://aafa.org/asthma/asthma-triggers-causes/>. 7. National Heart, Lung, and Blood Institute. Asthma Care Quick Reference—Diagnosing and Managing Asthma. Accessed February 12, 2026. https://www.nhlbi.nih.gov/files/docs/guidelines/asthma_arg.pdf. 8. American Lung Association. Being Active with Asthma. Accessed February 12, 2026. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/managing-asthma/asthma-and-exercise>. 9. National Heart, Lung, and Blood Institute. So You Have Asthma—A Guide for Patients and their Families. Accessed February 12, 2026. https://www.nhlbi.nih.gov/sites/default/files/publications/SoYouHaveAsthma_PRINT-reduced-filesize.pdf. 10. American Lung Association. Understand Your Asthma Medication. Accessed February 12, 2026. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/treatment/medication>. 11. American Lung Association. The Pathway to Managing Your Asthma. Accessed February 12, 2026. <https://www.lung.org/getmedia/d89e0c16-8669-4415-9b8e-35d50c848f36/ALA-Asthma-Pathway-Infographic-2020-v2.pdf>. 12. American College of Emergency Physicians. Asthma. Accessed February 26, 2026. <https://www.emergencyphysicians.org/article/know-when-to-go/asthma>.