

Don't let asthma hold you back.

Anyone can have asthma. But in the United States, women have much higher rates than men. In fact, almost twice as many U.S. women than men have asthma.

THE GOOD NEWS?

If you have asthma, you can take steps to control symptoms and lead a full and active life.



Talk to a healthcare provider about making an asthma action plan.

nhlbi.nih.gov/breathebetter



National Heart, Lung,
and Blood Institute

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