

FACT SHEET

Asthma Myths & Facts



Myth: Many people think they only have asthma when they have trouble breathing. They think that asthma comes and goes, day-by-day or week-by-week.

Fact: No. People with asthma have it all the time even when they are not experiencing symptoms. When they have trouble breathing, they are having an asthma attack or an asthma flare-up. On those days, their asthma is not under control.

Myth: Many people think asthma is all in your head.

Fact: No. It's in your lungs. Asthma is a disease – a breathing problem of the lungs. Asthma attacks come and go when the lungs are bothered. Stress can aggravate asthma but it is not the actual cause of the asthma.

Myth: Many people think asthma is an emotional disease; if you are an emotional person you get asthma.

Fact: No. Emotions do not cause asthma. But, if you already have asthma, stress, crying, yelling or laughing hard can start an asthma attack.

Myth: Many people think you can't ever play sports if you have asthma.

Fact: No. Many star athletes have asthma. The secret is getting a good medicine plan from your doctor to prevent attacks and avoiding the things that make your asthma worse.

Myth: Some dog breeds, such as Chihuahuas, are better for people with asthma.

Fact: NO. It is the protein found in the pet's saliva, dander and urine that causes asthma in some individuals. Since all dogs have dander, saliva and urine, there are no particular breeds which are better for people with asthma.

Myth: Inhaled medications, such as inhalers are dangerous.

Fact: No. Inhaled medications, including corticosteroids, are the safest and most effective means to treat asthma that currently exists. Not using your asthma medications as directed by your doctor is more dangerous.

Myth: Continuous exposure to pets will decrease asthma attacks.

Fact: No. Continuous exposure to pets will NOT decrease asthma attacks. If you are allergic to animals, the best way to relieve symptoms is to remove the pet from the home.

If you have any questions please contact:

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