

# Asthma



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Asthma is a chronic disease that affects the lungs and causes periods of wheezing, breathlessness, chest tightness, and nightly/early morning coughing. Asthma tends to inflame and narrow the airway, which leads towards swelling of the airways and the surrounding muscles. Ultimately, triggering the symptoms. If anyone has a family history of allergies or asthma, they are more prone to developing asthma

