

5 Asthma Myths, Debunked

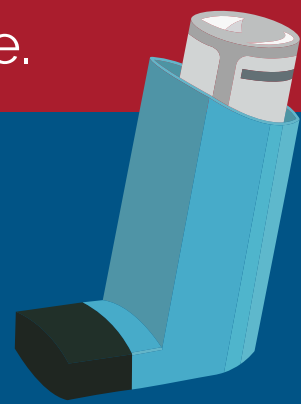
MYTH: People with asthma shouldn't exercise.

FACT: Exercise is beneficial for your lungs. Medication may be necessary.



MYTH: Inhaled steroids are addictive.

FACT: Asthma requires long term treatment. Inhaled steroids are safe and non-habit forming.



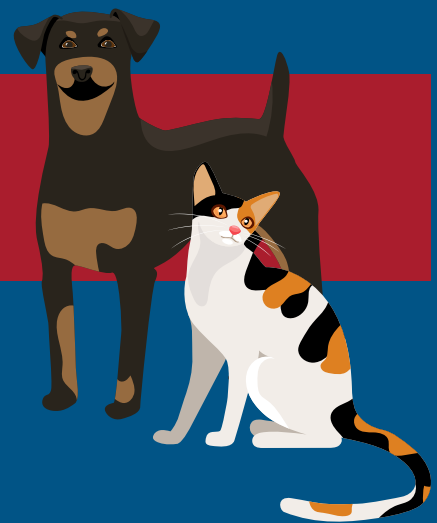
MYTH: Nebulizers are better than inhalers.

FACT: Inhalers are easier to use and as effective when used properly.



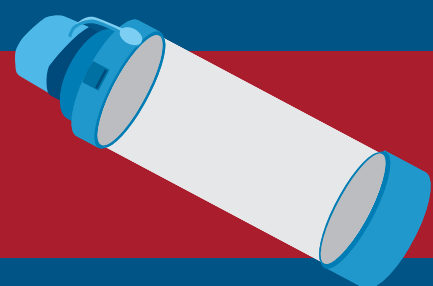
MYTH: People with asthma should get rid of their pets.

FACT: There are ways to reduce symptoms and keep pets at home.



MYTH: I don't need to use a spacer with my inhalers.

FACT: Inhalers should always be used with a spacer, or most of the medicine does not get to the lungs.



American Academy of
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