## 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.

