

# For your health

## Caring for Asthma

Asthma doesn't have to stop you from enjoying life.

If you often find yourself short of breath or straining to breathe even when you aren't exerting yourself, you may have asthma. Another sign for concern is when you find yourself out of breath when doing activities you used to do without a problem. Asthma could also be the reason why your breathing is slower to return to normal after you exercise. Breathing changes like these can be caused by asthma or by problems other than asthma. Either way, call your health care professional as soon as you notice new breathing difficulties.

Sometimes the symptoms of asthma aren't what you'd expect. Maybe you've had a nagging cough that you just can't seem to shake, or you've had repeated bouts of bronchitis. Maybe you've felt a tickle when taking a breath, or have experienced a tightness in your chest. All of these can be symptoms of asthma. Let your health care professional help you to understand what is causing your symptoms.

Asthma isn't always easy to diagnose, and you can't diagnose it yourself. There isn't a single symptom or blood test that will confirm you have asthma. Instead, an accurate diagnosis depends on a combination of things. Your description of your symptoms is one of the most important clues to discuss with your doctor.

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At Aetna, we believe there is nothing more important than your health. That's why we're pleased to bring you information to help you take an active role in the management of your health.



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