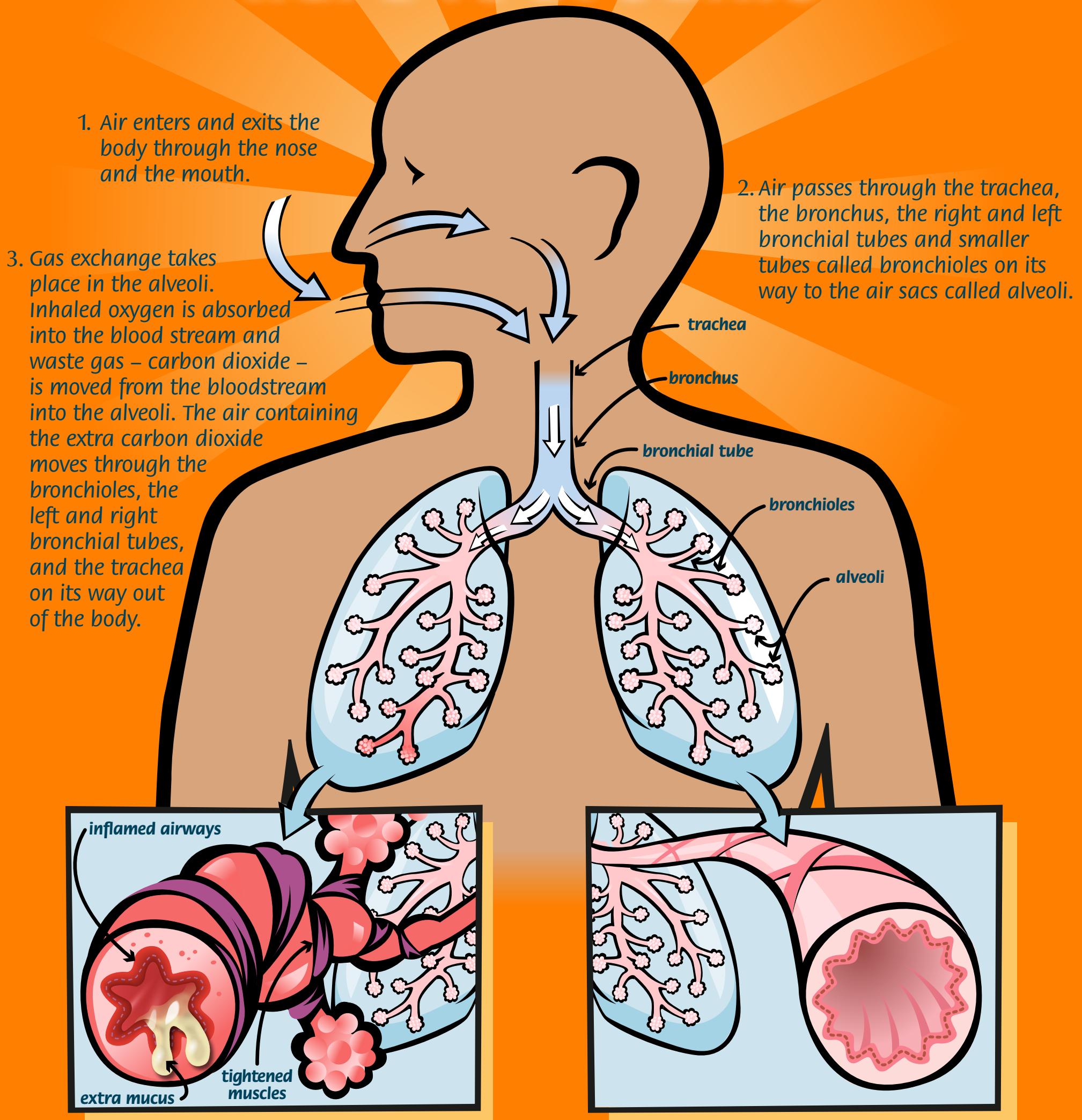


What happens in the lungs and why asthma makes it hard to breathe



When asthma is uncontrolled:

1. The lining of the airways become inflamed and swell inwardly, reducing the space that the air has to pass through.
 2. The muscles encircling the airways tighten, narrowing the air passage more.
 3. Mucus glands secrete more mucus than usual, blocking the air passages.
- These three together, make it very hard for air to get out of the alveoli and out of the lungs.

When asthma is controlled:

The movement of air in and out of the alveoli and the lungs is unrestricted. The lungs maintain a perfect balance of oxygen and carbon dioxide throughout the entire body.