

# Specialist Paediatric Outreach Respiratory Team (SPORT)



## My Lungs



Your lungs are in your chest and take up most of the space in there. You have 2 lungs.

### Love Your Lungs

Your lungs are amazing. They allow you to breathe, talk to your friend, shout at a game, sing, laugh, cry, and more!

Each lung is divided in sections called lobes.

### Breathing

Your lungs are made up of many parts that work together to help you breathe.

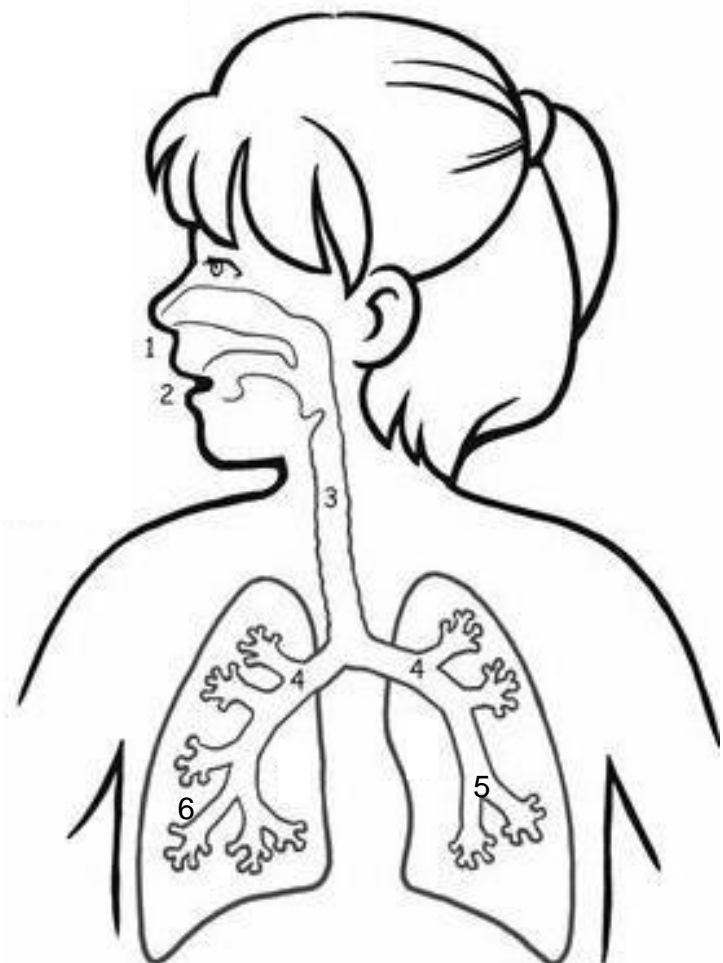
You breathe in air through your nose (1) and mouth (2),

Air travels down a tube called the trachea or windpipe (3).

Then it travels into smaller tubes called the bronchi (4)

Until it reaches even smaller tubes called bronchioles (5)

Finally it travels deep into lungs to tiny air sacs called alveoli (6)



From the outside, lungs are pink and a bit squishy like a sponge.

# ASTHMA

**Asthma** is a condition which can make it hard to breathe. This is because when airways in the lungs become irritated they swell up, fill with mucus, and get smaller.

If you have asthma, you're not alone. Lots of kids have it — and lots take medicine to help them breathe better. With the right medicine and care plan (PAAP), asthma won't slow you down.

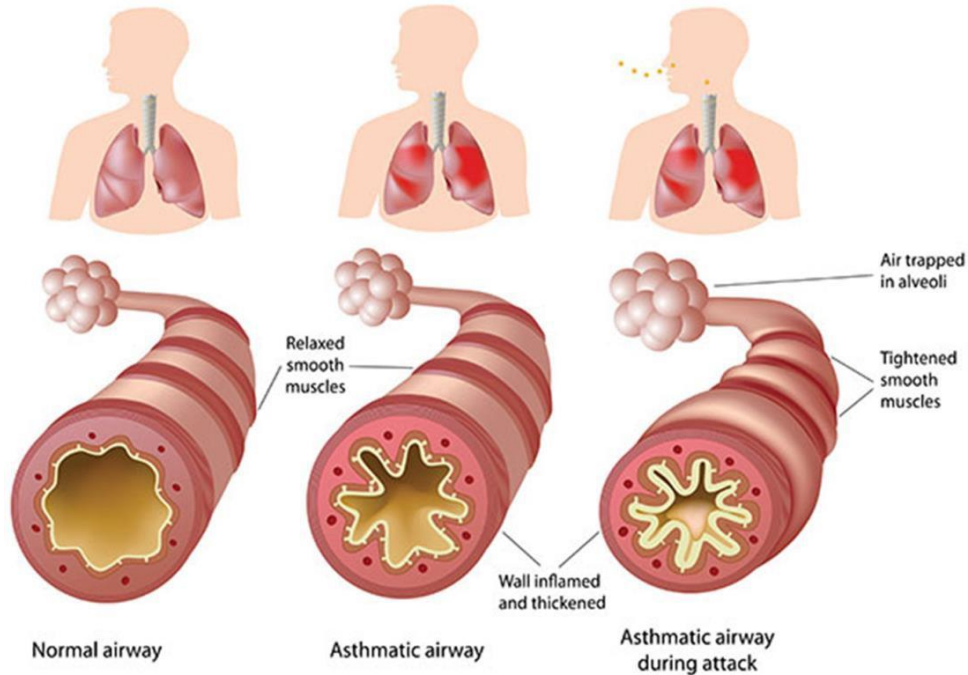
## What might trigger an Asthma attack?

- House dust
- Outdoor allergens
- Infection
- Smoke inhalation
- Weather
- Animal Dander



## Symptoms:

- Shortness of breath
- Cough
- Wheeze
- Chest tightening
- Fatigue



## Personal Asthma Action Plan (PAAP)

This will help you to wean your management up or down if you develop symptoms of an asthma flare up. If you do not have a Personal Asthma Action Plan, please contact your GP or Doctor.

If you need any further information, please contact: **01282 803587**