

ASTHMA AND OTHER HEALTH CONDITIONS

ASTHMA MAY OCCUR AT THE SAME TIME AS OTHER HEALTH CONDITIONS

Even with appropriate treatment for asthma, you may continue to have respiratory symptoms. These respiratory symptoms may actually be due to another health condition.

When health conditions occur together, they are called comorbid conditions or comorbidities.

Some comorbid conditions may cause asthma-like symptoms such as:



Cough



Wheeze



Shortness of breath

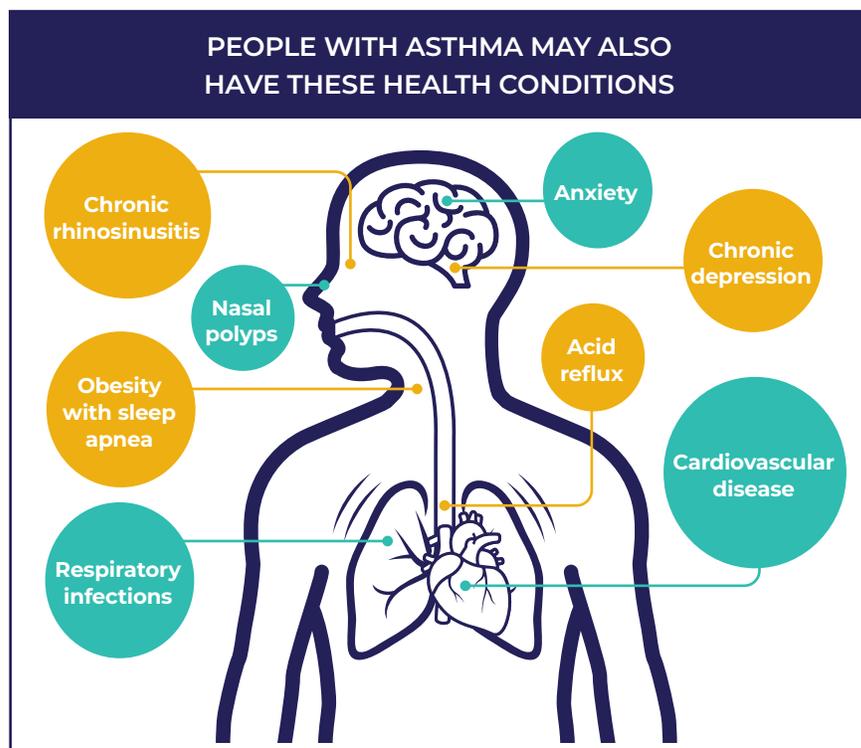


Chest tightness

OTHER HEALTH CONDITIONS CAN CONTRIBUTE TO POOR ASTHMA CONTROL

Having certain health conditions may make your asthma symptoms worse or more difficult to treat.

Talk with your health care provider about your respiratory symptoms. Your health care provider may be able to diagnose and treat your other health conditions, which may help control your asthma and lead to a better quality of life.





Your Health Care Provider May Evaluate and Treat Your Other Health Conditions When Your Asthma Cannot Be Well Controlled

Health Condition	May Cause Asthma-like Symptoms Including:			
Chronic rhinosinusitis (inflammation in the nose and sinuses)	 Cough			
Nasal polyps	 Cough			
Obesity with sleep apnea	 Shortness of breath	 Wheeze		
Acid reflux (also called gastroesophageal reflux disease, or GERD)	 Cough	 Wheeze	 Chest tightness	
Respiratory infections	 Cough	 Wheeze	 Shortness of breath	 Chest tightness
Cardiovascular disease	 Cough	 Wheeze	 Shortness of breath	 Chest tightness
Anxiety	 Chest tightness			
Chronic depression	 Chest tightness			

Let your health care provider know about your symptoms, even if they seem unrelated to your asthma.



Diagnosing your other health-related conditions may help you and your health care provider manage your asthma. With treatment, you may have fewer respiratory symptoms and better asthma control.