Asthma attacks all ages

Asthma affects nearly 25 million Americans—both kids and adults. In fact, one out of every 12 adults in the United States has asthma. Asthma can affect anyone; it does not discriminate. It can strike people of all ages, from infants to older adults. According to the National Asthma Education and Prevention Program, the American Thoracic Society and the National Heart, Lung, and Blood Institute, asthma develops in many ways:

- It is more common in people with a family history of asthma.
- It is more common in people with a family history of allergies.
- It is more common in people who are exposed to environmental triggers, such as tobacco smoke, mold, or dust mites.
- It is more common in people who have a history of eczema or hay fever.

Asthma can be triggered by a variety of factors, including:

- Respiratory infections, such as colds or flu.
- Exercise.
- Allergens, such as pollen, dust, or animal dander.
- Fumes or chemicals.
- Stress.
- Certain medications or inhalers.
- Cold air or high altitude.
- Pollen or dust mites.
- Smoke.
- Colds or other respiratory infections.
-锻炼.
-sth.

Asthma can be a serious and life-threatening condition. It can be managed with proper medical care and lifestyle changes. If you or someone you know has asthma, it is important to seek treatment and follow the prescribed treatment plan. If left untreated, asthma can lead to serious complications and even death.