

Does My Child Have Asthma?

Have you been wondering about that annoying and continuing cough that your child has or the way he or she needs to stop running and playing because of shortness of breath? These are among the warning signs that may give you hints that your child could have asthma. Check out the list below. If you can answer yes to any of them, you will want to talk to your child's doctor.

1. Does my child suddenly start coughing or cough a lot?
2. Does my child wheeze (a high pitched whistle from the chest)?
3. Has my child had a lot of bronchitis?
4. Has my child had a lot of pneumonia with wheezing?
5. Does my child describe tightness in the chest?
6. Has my child had head colds that "go to the chest" and last 10 days or more?
7. Does my child cough, wheeze, or get short of breath after running or other physical activity?
8. Does my child have relatives with asthma?
9. Has my child had coughing, wheezing or shortness of breath during the night that wakes up me or my child?
10. Has my child had coughing, wheezing or shortness of breath early in the morning that wakes up me or my child?
11. Has my child ever used an inhaler or other medicine to help him or her breathe better?

This questionnaire comes from the American Lung Association and the Regional Community Action Network. If your child is having any of these problems, we urge you to talk with the school nurse and your child's pediatrician.