



# I Have Asthma!

There are more than six million kids with asthma in the United States and Canada, and I am one of them. I found out I had asthma last summer, during soccer practice. It was a hot day and we were doing a lot of running. At first I thought I was just tired, but then I started having trouble breathing, and I couldn't stop coughing. I felt like I couldn't get enough air. I panicked!





From across the field, Mom and Dad must have seen me struggling to catch my breath, because before I knew it they were standing right next to me. I never knew my parents could run that fast! They told me that I had to go to the hospital.







While Dad drove us to the hospital, Mom sat in the backseat next to me and tried to calm me down. Mom told me to close my eyes and take slow deep breaths. At first it was hard to do, and I didn't think it was going to help. Then after awhile it started to work, and I was able to breathe better.