Asthma During Pregnancy

WHAT YOU NEED TO KNOW WHEN YOU'RE EXPECTING

Pregnancy is such an exciting and special time for parents-to-be. But people with asthma may worry about how their disease may affect their pregnancy and babies.

Asthma is one of the most common medical concerns that occurs during pregnancy. Complications from asthma may include:

- **A small increased risk of preterm (early) labor and delivery**
- **High blood pressure and a related condition known as pre-eclampsia**
- **Low birth weight (babies born weighing less than 5 pounds, 8 ounces)**

It is not known if asthma is the direct cause of these problems or if other reasons are to blame. Keeping asthma well-controlled may help reduce the chance of complications.

KEEP YOUR ASTHMA WELL-CONTROLLED

Uncontrolled asthma can decrease oxygen to the fetus. Avoid or reduce asthma triggers like dust mites and secondhand smoke. Get the flu and COVID-19 vaccines (safe during pregnancy) to cut your chance of getting a serious respiratory infection.

During pregnancy, doctors may consider some asthma medicines to be safer than others, so your medicines may change. Work with your doctors to find the best treatment for you.

An asthma management plan that helps keep the person's asthma well-controlled will be the best approach for parent and baby.

UPDATE YOUR ASTHMA ACTION PLAN

Asthma symptoms may get worse, stay the same or get better during pregnancy. Talk with your health care provider to make sure the medicines you are taking are still the right choice. Ask them about a pregnancy Asthma Action Plan.

RESOURCES

Visit **aafa.org/asthma-triggers-causes** for more information on asthma triggers.

Visit **aafa.org/actionplan** to download an Asthma Action Plan.

Visit **aafa.org/pregnancy** for more information on asthma and pregnancy.