

# 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 women with asthma who are pregnant may worry about how their disease may affect their babies.

Asthma is one of the most common medical concerns that occurs during pregnancy. Complications from asthma are possible and 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 a flu shot (safe for pregnant women) 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 mother's asthma well-controlled will be the best approach for mom and baby.**

### Update Your Asthma Action Plan

Asthma symptoms may get worse, stay the same or get better during pregnancy. Talk to your health care provider to make sure the medicines you are taking are still the right choice. Update your **Asthma Action Plan** as needed.

### Resources

Visit [aafa.org/asthma-triggers-causes](https://aafa.org/asthma-triggers-causes) for more information on asthma triggers.

Visit [aafa.org/actionplan](https://aafa.org/actionplan) to download an Asthma Action Plan.

Visit [aafa.org/pregnancy](https://aafa.org/pregnancy) for more information on asthma and pregnancy.

AAFA is working with researchers and others to improve medical care for pregnant and lactating women with asthma. Black and American Indian/Alaska Native women are at highest risk for pregnancy complications.

AAFA offers emotional support and education on our online community. Membership is free.

**We're here for you at every life stage.**  
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First Edition September 2020  
Medical Review September 2020