



Hi! my name is **Michael**. I am five years old.



Last year when I was four, I joined a brand new school and soon after that I found out that I had asthma.





Having asthma doesn't mean you are any different to your friends. It just means that sometimes air can't move in and out of your lungs the way that it should and that sometimes you might find it hard to breathe.



My doctor, Doctor Dan, knows all about asthma. He helped me to learn about the type of things that can cause an asthma attack.