



**“She became a great high school track athlete and still to this day is very active and does not let asthma rain on her parade.”**

By: Torrin Davis, American Lung Association

My mother fell during an ice storm while pregnant with my little sister over 20 years ago, and my sister was born almost two months premature because of that. Being in an incubator for over 3 months, we didn't think she was going to make it. Eventually she could come home and she was limited by asthma for a while. I was having to give her treatments with the nebulizer all the time. There were moments she would be having an attack that I had to be able to calm her down due to my mother being at work. This was scary, but my mother being a nurse taught me what to do. Times like that I wish facetime had been invented. All in all, my sister kept up with her routines, exercised more, knew when to take a break, and when to turn it up a notch. She became a great high school track athlete and still to this day is very active and does not let asthma rain on her parade.