

Empowering Asthma's Youth from Struggle to Strength: **My Story**

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Empowering Asthma's Youth from Struggle to Strength: My Story

I. Challenges, Diagnosis + Treatment

II. The Impact of Stereotypes and Misdiagnosis

III. Overcoming the Challenges of Asthma

IV. Resilience & Self-Advocacy

V. Future of Asthma Awareness and Care

VI. Conclusion

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(Mikey – *The Goonies*)



(Wheezy – *Toy Story*)

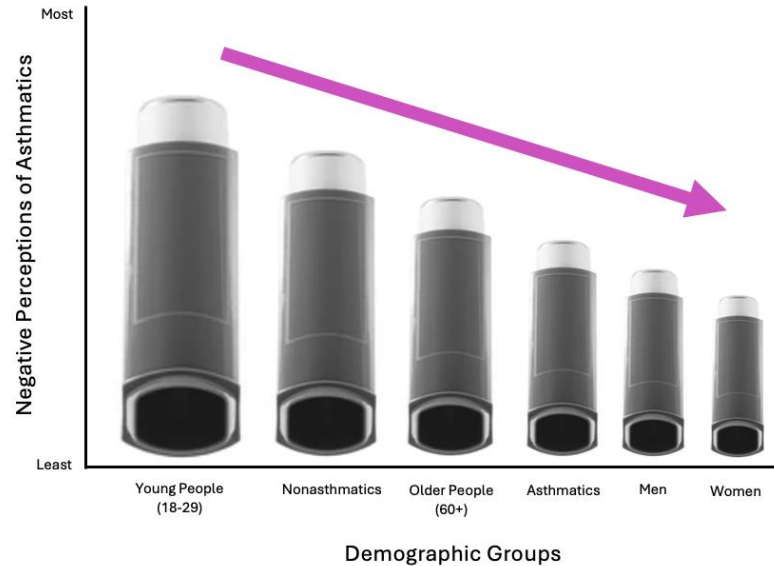


(Buster Baxter – *Arthur*)

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Words to Describe Asthmatics	Rank
Weak	1
Tired	2
Sickly	3
Cautious	4
Slow	5
Careful	6
Short	7
Normal	8
Anxious	9
Unfit	10



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**1. Education
and Awareness**

**2. Positive
Media
Representation**

**3. Improved
Healthcare and
Community
Support**

**4. Empowering
Self-Advocacy**

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“Dum Spiro Spero”

~

while I breathe, I hope

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