

15 mins



If you blow through a thin tube less air gets through.



If you blow through a thicker tube more air gets through.



If you blow through lots of thin straws, even more air gets through, too.

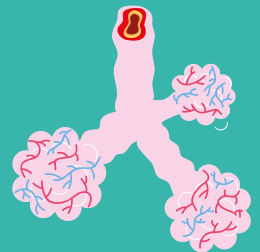


The Science

Normal airway



Asthmatic airway



Our airways are tubes that we breathe through. Healthy airways are nice and stretchy but in conditions like asthma airways become narrower, constricted and less stretchy, making it more difficult to breathe.