

Tingling, then itching neck, eyes, arms
Laborious respiration
 Pressure in my chest
 Dizzy
 Lightheaded
Defenseless to an allergen.

Dark edges forebode blacking out
Peripheral vision diminishes
 Objects vaporize
 Subdued
 Muffled sound
Trembling, I medicate and breathe.

Frenetically, I suck air
Inhaling 'til my chest's glutted
 Lungs greedily swelled
 Eyes shut
 Body taut
Back oddly flexed, a tensile arch.

Pushed with forced stomach contractions
Exhaled air whistles salvation
 Fatigued shoulders droop
 Back bows
 Head lowers
Repeat. Warning shadows lighten.

Airway inflammation subsides
Bright color vivifies my world
 Blinking clarity
 Breathing
 Normally
Asthma attack circumvented.