

Living with Asthma



What is Asthma?

- A chronic condition of the respiratory system (lung and airways)
- Causes airways to become more tight and narrow
- Makes it hard to breathe causing episodes of wheezing, coughing, chest tightness, and shortness of breath

Who is at risk?

- 22 million people in the United States are known to have asthma, 7 million are children
- 1 in 11 adults have asthma
- 1 in 12 children have asthma

Common Asthma

Triggers:

- Dust mites
- Cockroaches
- Mold
- Pets
- Tobacco smoke
- Exercise
- Viral infections

Tips to reduce triggers:

- Wash sheets and blankets weekly
- Clean up food spills right away
- Vacuum and sweep often
- Fix water leaks to prevent mold growth
- Keep your pet out of your bedroom
- Avoid smoking

Asthma Care Plan should include:

- Emergency phone numbers
- A list of your triggers
- Names and dosages of all medicines
- How and when medicines should be used
- Locations of emergency care facilities

Breathe easy, knowing you've taken control of your health!