



CareHere!

BREATHING EASY WITH ASTHMA

About 1 out of 12 people have asthma and that number continues to grow. While there is no cure, people who have asthma can successfully manage their condition and live full, active lives.

What is asthma?

Asthma is a disease that affects the lungs. The airways of people with asthma are sensitive and react strongly when they breathe in certain substances, known as triggers. This overreaction makes it difficult for air to move in and out of the lungs, causing symptoms such as coughing, wheezing, shortness of breath and/or chest tightness.

Types of Triggers	Examples
Allergic	pet dander, dust mites, pollen, mold
Environmental	smoke, pollutants, fumes, gases
Physical	cold or dry air, exercise, airway infections, stress, acid reflux

Asthma is common in both children and adults. Researchers have not discovered a cause for asthma but know it tends to run in families. If you have a relative with asthma, you are more likely to develop it.

How is asthma treated?

Since there is no cure, asthma requires long-term treatment. The goal of treatment is to have well-controlled asthma. This means:

- Few, if any, asthma symptoms or side effects from medications.
- Few, if any, awakenings during the night caused by asthma symptoms.
- No need to take time off from school or work due to asthma.
- Few or no limits on full participation in physical activities.
- No emergency department visits or hospital stays.

What can you do?

You can achieve well controlled asthma by taking an active role in your treatment. It is important for you to:



Schedule regular check-ups with your healthcare provider. Together, you can create your written Asthma Action Plan. Your provider can adjust your plan when needed. These visits also give you both an opportunity to discuss preventive healthcare that is right for you.



Know how to manage asthma and asthma attacks. The American Lung Association recommends an Asthma Action Plan to help you stay on top of all the details of your care plan. This provides instructions and information for the daily care of your asthma:

- How to take your medications
- How to identify and avoid exposure to your triggers
- How to recognize and handle worsening asthma
- What to do in an emergency



Avoid asthma triggers. Triggers are everywhere, so be prepared at school, work, home and outdoors. Stay away from secondhand smoke and, if you smoke, consider quitting. CareHere offers a tobacco cessation program with support to help you on your journey to becoming tobacco-free!



Take your medicine as prescribed. It is important you know how to use inhalers and how to take other prescribed medicines correctly. This means understanding the what, when, why and how of any medication you are asked to take. If you have any questions about taking your medications, reach out to your healthcare provider or pharmacist for support.

Resources: Centers for Disease Control and The American Lung Association

If you would like to work with a CareHere Health Coach on making healthy lifestyle habits that will last a lifetime, please call 877.423.1330 to schedule an appointment.