



Asthma Treatment

It's what you know.





What is Asthma?

A disease that:

- Is chronic
- Is the cause of breathing problems
 - Coughing
 - Wheezing
 - Chest tightness
 - Shortness of breath
- Is not the same as allergies
- Is not contagious
- ***Cannot be cured, but can be controlled***



Asthma Symptoms:

Early Warning Signs

(Can begin hours before a flare-up)

- ▶ **Coughing**
- ▶ **Shortness of breath**
- ▶ **Tightness in your chest**
- ▶ **Wheezing**
- ▶ **Breathing faster**
- ▶ **Itchy or sore throat**
- ▶ **What's yours?**



Asthma Facts



- About 23 million people, including 6.8 million children, have asthma
- Is the most chronic childhood disease
- 12 million people report having an asthma attack in the past year
- 17 million people visit their doctor's office each year for asthma
- Nearly 2 million people go to the emergency room for asthma
- 14 people die each day from asthma

DANGER SIGNS



Get help right away if:

- It's hard to talk
- Breathing is hard and fast
- Lips or fingernails are gray or blue
- Nose opens wide when breathing
- Ribs and neck muscles show when breathing
- Heart rate is very fast
- It's hard to walk
- Rescue medicine is not helping

The Goals of Asthma Treatment



- ▶ No symptoms or minor symptoms of asthma (wheezing, coughing, shortness of breath, and chest tightness)
- ▶ Sleeping through the night without asthma symptoms
- ▶ No time off from school or work due to asthma
- ▶ Exercise without limitations
- ▶ No emergency room visits or stays in the hospital
- ▶ Little or no side effects from asthma medicine