



Living With Asthma



**TAKE
CHARGE
OF YOUR
HEALTH**

CAPE FEAR VALLEY HEALTH

www.capefearvalley.com

More Americans than ever before say they suffer from asthma. It is one of this country's most common – and most costly – diseases.

Asthma is a disease that affects the breathing tubes of the lungs. When these passageways become inflamed, the airways that transport air from the nose to the lungs narrow, making it difficult to breathe.

Symptoms of asthma include difficulty breathing, tightness in the chest, wheezing and coughing. In severe cases asthma can be deadly.

According to the Asthma and Allergy Foundation of America, nearly 40,000 people miss school or work every day due to asthma.

An estimated 20 million Americans suffer from asthma, and it is slightly more prevalent in African Americans than Caucasians. In fact, according to the Office of Minority Health, African American children have a 260 percent higher emergency department rate and a 500 percent higher death rate from asthma than do white children.

Different things can trigger an asthma attack. Allergies, house dust, weather, air pollution, smoke, and household products, such as cleaning solvents and spray deodorants are just a few of the things that can upset an asthmatic's sensitive airways and trigger an attack.

If you, or your child, suffers from asthma, avoid these triggers whenever possible. Remove things from the home that could cause an attack, such as cigarette smoke, pets, dust and mold. Avoid crowds and sick people who may transmit illnesses to you. And speak to your physician about taking control of your asthma.

Your physician may prescribe both preventive medicines and a rescue inhaler, which relaxes muscles and opens up breathing passages once an attack has started. Every asthma patient should visit their physician once a year, even if they feel their asthma is well controlled.

There is no cure for asthma, but if you take the proper precautions, and follow medical advice, you could be breathing easier in no time.

► Listen for Take Charge of Your Health messages on radio stations Foxy 99.1 FM, Jamz 107.7 FM, Soul 104.5 FM and WIDU 1600 AM.

Asthma Action Fair

Saturday, May 12, 2012 • 9 a.m. to Noon
HealthPlex Gym • 1930 Skibo Road, Fayetteville

ANYONE AFFECTED BY ASTHMA IS INVITED TO JOIN IN THE FUN!



- * Free peak flow meters and spacers while supplies last
- * Free lung function screenings
- * Giveaways, refreshments and activities for all ages
- * Grand Door Prize drawing valued at over \$300
- * Medical professionals will be on-hand to answer questions

Educational seminars will begin at 9:30 a.m. with door prize drawings for those who attend the seminars. Must be present to win.

- 9:30 a.m. Asthma Variants
- 10:15 a.m. Preventing Asthma Exacerbations
- 11 a.m. The Difference Between COPD & Asthma

Don't miss out on the largest asthma event in Cumberland County! For more information on this free event, please call (910) 615-3185.

