

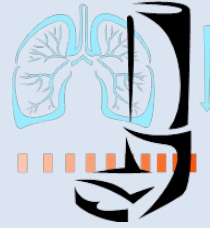
ASTHMA

Asthma is a serious chronic disease of the lungs, which can restrict breathing. It affects mostly children although some adults suffer from the disease as well.

Asthma is responsible for loss of approximately 10 million school days annually and is the 3rd most common cause of hospitalization of young children. Although asthma is a serious disease with no cure, there are things that can be done to reduce symptoms.

Asthma Symptoms:

- Breathlessness
- Wheezing
- Chest tightness
- Coughing



Common Triggers:

- House Dust mite
- Stress & overexertion
- Tobacco smoke
- Infections such as the common cold and the flu
- Droppings and dander from pets, rodents & roaches
- Allergies including food, mold & strong chemicals.



Treatment:

Although there is no cure for Asthma, there are things that can be done to control the symptoms. The following things can be done to help treat the symptoms of asthma:

- Take your medicine, as prescribed
- Learn and AVOID Triggers (indoor and outdoor)
- Use your inhaler at the first sign of an attack

Enjoy a Healthy Spring Season!

For more information,

Contact the Edison Public Health Nurses at 732-248-7286