
Asthma Under Control

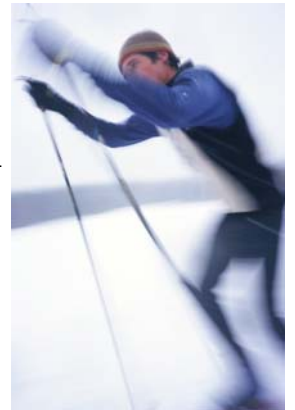
A person with controlled asthma should be able to do all of the following:

- ☺ Active without any asthma symptoms. This includes participating in exercise and sports.
- ☺ Sleep through the night without coughing or wheezing.
- ☺ Attend work or school *every* day.
- ☺ No urgent visits to the doctor or emergency room due to asthma.

Asthma is not controlled if a person has symptoms or uses rescue medications (i.e. albuterol) more than two days each week. A person with asthma needs to work with his or her doctor to develop a good asthma control plan.

Exercise and Asthma

Exercise brings on asthma episodes in 80 to 90 percent of all people who have asthma. When a person has well controlled asthma, he or she can be as physically active as anyone else, except during an asthma attack. To prevent exercise-induced asthma, some people with asthma should pre-treat before exercise, using an inhaled medication prescribed by his or her physician.



Exercise Induced Asthma Triggers:

- ◆ **Weather**— Cold air triggers an asthma attack for some people. Wear a scarf or a mask to warm the air. Exposure to high humidity may also cause an asthma attack.
- ◆ **High pollen count**— When pollen counts are high, asthmatics should exercise indoors where there is air conditioning.
- ◆ **Heavy air pollution**— Heavy air pollution can cause an asthmatic to have an attack. Avoid areas where there is heavy air pollution from buses, automobiles, or other machinery.
- ◆ **Respiratory infection**— Asthmatics should modify their exercise routine or do no exercise at all if he or she has a viral respiratory infection, cold, influenza, or sinusitis.

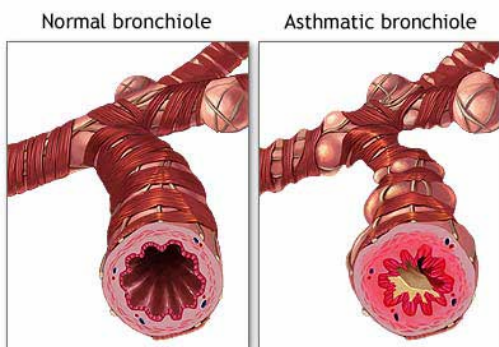
Asthma Triggers in the Home

If you or someone you know has asthma, here are some ways to reduce asthma triggers in the home.

- ◆ Don't smoke or let others smoke in the house or car.
- ◆ Ask someone else to vacuum, sweep, dust and mow the lawn.
- ◆ Keep pets outside, or at least out of the bedroom.
- ◆ Change furnace filters regularly.
- ◆ Keep humidity in your house between 25 and 50 percent (to reduce growth of mold).
- ◆ Remove wall-to-wall carpets (at least in the bedroom).
- ◆ Vacuum with a high efficiency particulate accumulator (HEPA) filter and dust weekly.
- ◆ Use a HEPA air filtering system in the bedroom.
- ◆ Encase your mattress, box spring and pillows in anti-allergic covers.
- ◆ Wash bedding in hot water weekly.
- ◆ Use an air conditioner to reduce allergens, pollutants and humidity.
- ◆ Use an exhaust fan in the bathroom to reduce humidity.
- ◆ Don't use strong smelling cleaning supplies, room deodorizers or perfumes inside the house.



What is Asthma?



Asthma is a long-standing (chronic) disease where a person's airways are oversensitive and inflamed. During an asthma attack, the airway lining (bronchiole) becomes inflamed, swells and makes more mucus. This narrows the airways and

reduces the air flow. The muscles around the airways also tighten and decreases air flow even more.



For more information contact the Marathon County Asthma Coalition at 715-261-1900.