



Broward County Government Newsletter

May 2020

Volume 3, Issue 5

Community Care Plan, “the health plan with a heart”

May 1st is World Asthma Day.

The Asthma Basics

Asthma makes it hard to move air in and out of your lungs. Asthma is a chronic disease and can start at any age. In the United States, 26 million people have Asthma (6.1 million children). Asthma is the third leading cause of hospitalization for children. There is no cure for asthma, but a doctor can help you manage and treat asthma to live a normal and healthy life.

Source: <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/learn-about-asthma>

How is Asthma Treated?

Your doctor will work with you on a treatment plan for your asthma. There are two types of medicines the doctor may prescribe to help you manage your asthma:

1. Fast Acting (quick-relief) Medicine: Medicine you take when you feel your asthma symptoms get worse. Take them as soon as you start feeling symptoms.
2. Controller (long-term) Medicine: Medicine you take everyday to control your asthma, to prevent feeling sick.

Source: <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/diagnosing-treating-asthma/how-is-asthma-treated>

What are the Risk Factors for Developing Asthma?

- Family History: Having a parent with asthma makes you 3-6 times more likely to develop asthma.
- Allergies: Eczema, Hay fever, and allergic conditions are risk factors for developing asthma.
- Viral Respiratory Infections: Infants and children with viral respiratory infections can later on develop chronic asthma.
- Smoking: Your airways get irritated from cigarette smoking. Your airways can also get irritated from secondhand smoke or a mother that smoked during pregnancy. This can increase your chance of having asthma.
- Air Pollution: Living in urban areas with a high ozone exposure increases your risk for having asthma.
- Overweight or Obese: Being overweight or obese as an adult or a child puts you at greater risk for asthma. Obese people with asthma have a harder time controlling their asthma, have to take more medications, and have worse symptoms than people who are at a healthy weight.
- Occupational Exposure: Exposure in the workplace to industrial dust, chemical fumes, and mold can cause asthma to develop.

Source: <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/asthma-symptoms-causes-risk-factors/asthma-risk-factors>

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST. For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwva enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.