



## Broward County Government Newsletter

May 2020

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### 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 resevwa 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.**