

**INSERT LOCAL HEALTH DEPARTMENT INFORMATION HERE**

[American College of Allergy, Asthma, and Immuniology](http://acaai.org/news/facts-statistics/asthma)

[Center for Disease Control and Prevention](http://www.cdc.gov/asthma/faqs.htm)

[World Health Organization](http://www.who.int/features/factfiles/asthma/asthma_facts/en/)

[National Institute of Allergy and Infectious Diseases](https://www.niaid.nih.gov/topics/asthma/Pages/default.aspx)

**Reduce Your Risks Month**

**Asthma**

* Asthma is a disease that affects your lungs. It is the most common long-term disease of children. It causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. It is with you all the time, but you may have asthma attacks only when something bothers your lungs.
* Asthma symptoms can be triggered by exposure to an allergen (such as ragweed, pollen, animal dander, or dust mites), irritants in the air (such as smoke, chemical fumes or strong odors) or extreme weather conditions. Exercise or an illness – particularly a respiratory illness or the flu – can also make you more susceptible.
* In most cases, no one knows what causes asthma. There is not a cure. Proper diagnosis, treatment and patient education can result in good asthma control and management.
* If someone in your family has asthma you are more likely to have it.
* Asthma occurs in all countries regardless of level of development.
* Asthma is the most common disease among children.
* The strongest risk factors for developing asthma are exposure to indoor allergens such as house dust mites in bedding, carpets and stuffed furniture; pollution and pet dander; outdoor allergens such as pollens and molds; tobacco smoke and chemical irritants in the workplace.
* African American children are twice more likely to have asthma than white children. They are also twice as likely to be hospitalized and 4 times more likely to die of the disease.

**Information Resources:**

# Facts:

**Available Services:**

* Effective asthma treatment includes monitoring the disease with a peak flow meter, identifying and avoiding allergen triggers, using drug therapies including bronchodilators and anti-inflammatory agents, and developing an emergency plan for severe attacks.
* There are two types of asthma medications: long-term control and quick-relief medications. Long-term control medications are preventive, taken daily to achieve and maintain control of asthma symptoms. Quick-relief medications are used to treat asthma attacks. They relieve symptoms rapidly and are taken on an as-needed basis.
* One of the most effective medications for controlling asthma is inhaled corticosteroids, which are anti-inflammatory medications. Taken early and as directed, these well-tolerated and safe medications can improve asthma control and normalize lung function.
* Immunotherapy or allergy shots should be considered if asthma is triggered by exposure to unavoidable allergens, or if symptoms occur three days a week and more than two nights a month. The shots are especially helpful when symptoms occur year-round or are not easily controlled with medication.

What services are available either locally or statewide?

Can add hyperlinks here too!