



You Can!

Manage your Asthma

May is National Asthma and
Allergy Awareness Month

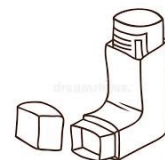


It's often thought of as a young person's disease, but asthma can strike people of any age. Asthma has been underdiagnosed in older people because it is often incorrectly diagnosed as another disease, such as COPD [chronic obstructive pulmonary disease]. The Centers for Disease Control and Prevention reports that nearly 7 percent of people age 65 and older have asthma.

There are not currently geriatric-specific guidelines for the diagnosis and treatment of asthma. However, the disease can be managed successfully the same way it is in younger people.

If you are diagnosed with asthma, your doctor may prescribe an inhaled corticosteroid that inhibits the inflammation that causes asthma. It also helps to prevent asthma and improve lung function. People with asthma also use a bronchodilator to expand bronchial air passages and to ease breathing immediately when symptoms occur. Maintaining good general health will also help your asthma symptoms.

- Tell your doctor about any symptoms you are having, including cough, wheezing, or shortness of breath. Never assume it's just "age."
- Take medicines as prescribed by your doctor. Ask for help to ensure that you are using your inhalers effectively.
- Avoid triggers such as pollen or dust if they make your symptoms worse.
- Eat healthy, exercise, and maintain a healthy weight.



Source: www.healthline.com

This Healthy Living message is sponsored by:

