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FOR IMMEDIATE RELEASE

YOU CAN CONTROL YOUR ASTHMA

Tuesday, May 1st is World Asthma Day

[GREENFIELD, WI]—As we approach World Asthma Day on May 1st, the Greenfield Health Department wants to remind residents that they can control their asthma and provide useful tips to do so.

“Asthma causes adults to miss work and children to miss school,” said Darren Rausch, Health Officer/Director. “It’s important for Greenfield residents to be aware of how to control asthma in order to minimize personal and financial costs of the disease.”

Asthma is a chronic lifelong disease that affects a person’s ability to breathe due to swelling, irritation and inflammation of airways. More than half a million Wisconsinites, that’s 1 in 10 adults and 1 in 13 children, are living with asthma. It is an expensive and disruptive disease that can be managed by following a few simple tips. To help manage your or a loved one’s asthma, follow these tips:

- **Know and avoid your triggers.** Certain exposures can trigger asthma symptoms by irritating airways. Outdoor triggers can include allergens such as pollens from grasses, trees and weeds. Indoor triggers can include pet dander, dust mites and mold.
- **Put together an asthma action plan.** You can ask your doctor to fill out an asthma action plan for you so you and your children’s school know when to adjust medications or seek medical attention.
- **Take your asthma medication as prescribed by your doctor, and learn how to use your inhaler properly.** Proper use of medication including inhalers and spacers will decrease the likelihood of encountering an asthma attack.
- **Quit and/or avoid second-hand smoke.** Avoiding smoke reduces the severity and frequency of asthma symptoms. Smoke is an irritant that can reduce the effectiveness of asthma medication.
- **Get the flu shot.** Viral infections are a common cause of asthma symptoms. To avoid being susceptible to asthma symptoms, get the flu shot!

Good communication between parents/caregivers, physicians, school nurses, and teachers are essential in providing effective asthma management. A physician can help put together an asthma plan for you.

Visit the [Wisconsin Department of Health Services website](#) for more information asthma. To learn more about World Asthma Day, visit the [Global Initiative for Asthma’s World Asthma Day page](#).

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