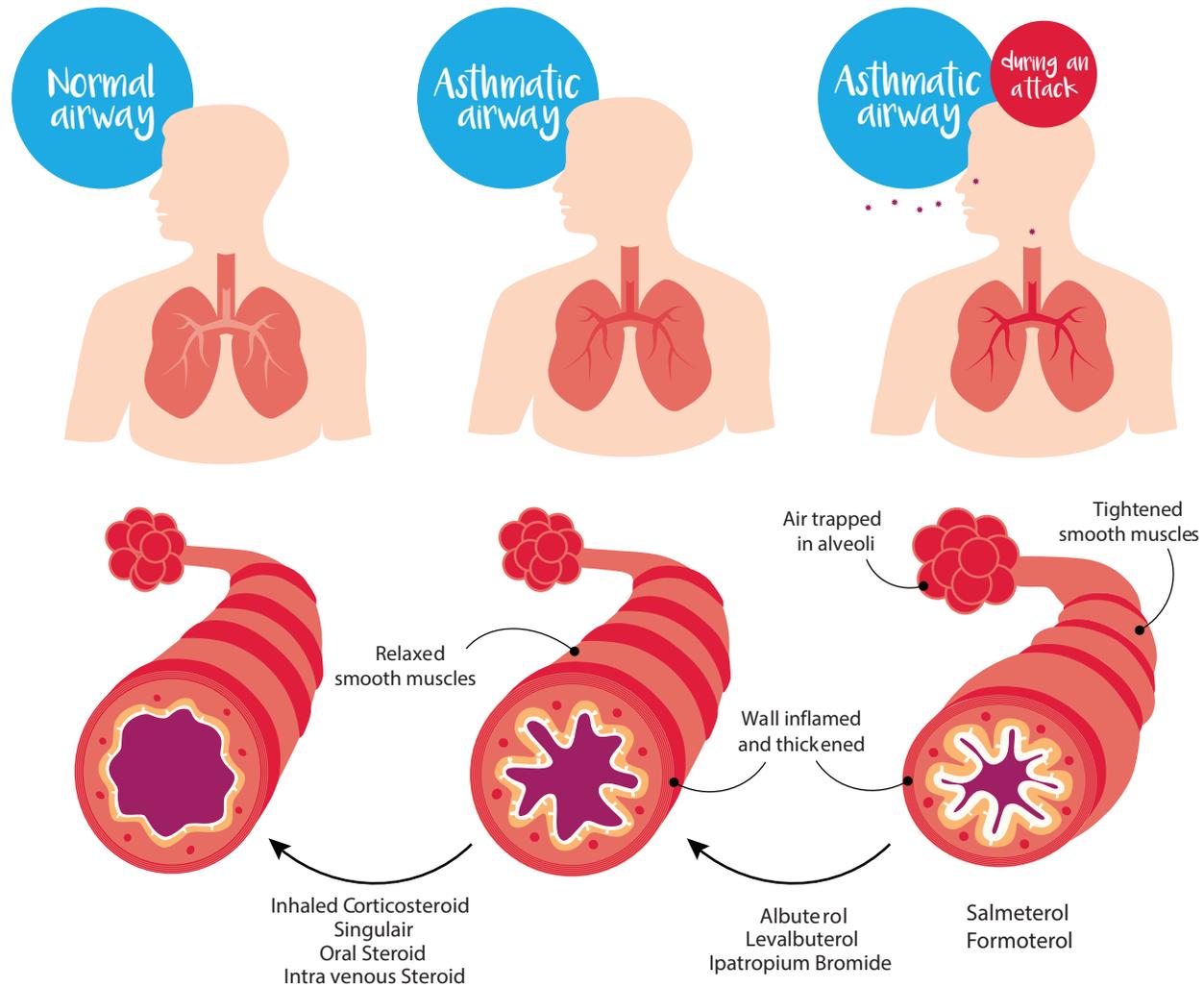


Asthma and Your Airways



Types of Therapy

Daily or Preventive – Used everyday and may be increased when sick

- Inhaled Corticosteroid** – Small amount of steroid inhaled into the airway. Decrease swelling and limit side effects from taking intravenous or oral steroids
 - + Mometazone
 - + Fluticasone
 - + Budesonide
 - + Beclomethasone
 - + Ciclesonide
- Long Acting Bronchodilators** – Relax airway muscles that decrease airway size
 - + Salmeterol
 - + Formoterol
- Leukotriene Receptor Antagonist**– Decrease swelling in the airway
 - + Montelukast

Acute or Rescue Medicines – These are only used when asthma symptoms are present

Short Acting Bronchodilators - Relax airway muscles that squeeze small airways during acute asthma attacks

- + Albuterol
- + Levalbuterol
- + Ipratropium Bromide

What Causes or Triggers Asthma?



Respiratory Illness (most common)

- + colds
- + flu (influenza)
- + sore throats
- + sinus infections
- + pneumonia



Allergies (Allergic Asthma)

- + dust mites
- + cockroach
- + pollens
- + molds
- + pet dander
- + rodents



Irritants in the Air

- + smoke from cigarettes
- + air pollution
- + wood or charcoal fires
- + strong fumes, vapors, or odors
- + dusts and particles in the air
- + chemicals



Feeling and Expressing Strong Emotions

- + anger
- + fear
- + excitement
- + laughter
- + yelling
- + crying



Exercise

Exercise—especially in cold air—is a frequent asthma trigger. With proper treatment, you do not need to limit your physical activity.

Weather

Dry wind, cold air, hot and/or humid climate, rain, or sudden changes in weather can sometimes bring on an asthma episode.

Medicines

- + If you are sensitive to aspirin and NSAIDs (nonsteroidal anti-inflammatory drugs)
- + If you take medicines known as beta blockers for high blood pressure



Other Asthma Triggers

- + sulfites in food
- + hormonal changes during the menstrual cycle
- + other medical problems like reflux and obstructive sleep apnea

Resources

Information

What is asthma? In English
<http://www.nhlbi.nih.gov/health/health-topics/topics/asthma>

What is asthma? In Spanish
<http://www.nhlbi.nih.gov/health-spanish/health-topics/temas/asthma>

What triggers asthma?
<http://www.aafa.org/page/asthma-triggers-causes.aspx>

More information on asthma, asthma trigger and help finding an allergist from the American College of Allergy, Asthma & Immunology
<http://acaai.org/asthma/about>

One-hour online training module
<http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/asthma-basics.html>

Inhalers and Spacers

Videos in English and Spanish on inhalers and spacers use from the Centers for Disease Control and Prevention
http://www.cdc.gov/asthma/inhaler_video/default.htm

Inhaler and Spacer Tip Sheets In English
http://www.nhlbi.nih.gov/files/docs/public/lung/asthma_tipsheets.pdf

Inhaler and Spacer Tip Sheets In Spanish
http://www.nhlbi.nih.gov/files/docs/public/lung/asthma_tipsheets-sp.pdf

Asthma Education Games

Lung Defender
<http://pbskids.org/arthur/games/lungdefender/asthma.html>

Lungtropolis
<http://www.lungtropolis.com/lungtropolis/play/>

Quest for the Code
<http://asthma.starlight.org>

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Tennessee Chapter

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