

ASTHMA & ALLERGIES

Asthma causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. Allergies are an overreaction of the immune system to various substances call allergens.

ASTHMA

What is asthma?

Asthma is a disease that affects your lungs. It is one of the most common long-term diseases of children, but adults can have asthma, too. If you have asthma, you have it all the time, but you will have asthma attacks only when something bothers your lungs.

Treatment

Control your asthma and avoid an attack by taking your medicine exactly as your doctor tells you and by staying away from things that can trigger an attack. ***Everyone with asthma does not take the same medicine.***

Some medicines can be breathed in, and some can be taken as a pill. Asthma medicines come in two types—quick-relief and long-term control. Quick-relief medicines control the symptoms of an asthma attack. If you need to use your quick-relief medicines more and more, visit your doctor to see if you need a different medicine. Long-term control medicines help you have fewer and milder attacks, but they don't help you while you are having an asthma attack.

Remember – you can control your asthma. With your healthcare provider's help, make your own asthma action plan. Take your long-term control medicine even when you don't have symptoms.



ALLERGIES

Types

- ✓ **Perennial:** These allergies usually occur all year due to constant contact with the allergens.
- ✓ **Seasonal:** These allergies occur when certain allergens are at high levels in the environment.

Treatment

- ✓ Avoid pollen by staying indoors when pollen counts are high.
- ✓ Remove dust mites and animal dander.
- ✓ Saline Nasal Wash
- ✓ Antihistamines
- ✓ Nasal Corticosteroids
- ✓ Decongestants
- ✓ Leukotrieme Inhibitors
- ✓ Allergy Shots (Immunotherapy)
- ✓ Sublingual Immunotherapy Treatment

Symptoms

- ✓ Sneezing
- ✓ Coughing
- ✓ Itching
- ✓ Stuffy Nose
- ✓ Fatigue
- ✓ Headache
- ✓ Sore Throat
- ✓ Hay Fever

Causes

- ✓ Dust Mites
- ✓ Molds
- ✓ Animal Dander
- ✓ Tree Pollen
- ✓ Grass Pollen
- ✓ Weed Pollen

Want to schedule an appointment?

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