

Asthma & Allergies

June's focus is on asthma and allergies. This is peak season for people with asthma and allergies, and a great time to learn more about these diseases. According to the Asthma and Allergy Foundation of America, more than 65 million Americans have asthma or allergies. Some may have one or both of these conditions.

- About 25 million have asthma (Women are more likely to have asthma and die from it than men. It is more common in boys than girls.)
- About 32 million have food allergies
- About 24 million have hay fever, rhinitis, or nasal allergies



Asthma and allergies are conditions that can occur at any age. The underlying cause is largely unknown, but both have a tendency to run in families. Neither asthma nor allergies can be cured for most patients, but both can be controlled with proper prevention and treatment. Discuss your symptoms with your Primary Care Provider who is trained to manage most issues with asthma or allergies. You may also receive a referral to see an Allergist/Immunologist or Pulmonologist to help with diagnosis or management of your condition. Whatever your medical team looks like, you should work together on an asthma and/or allergy treatment and management plan to help you feel and live better. An asthma control plan is one of the most important steps you can take to successfully manage your asthma—to keep you breathing well, avoiding the ER and hospital care. Participate in these activities throughout the month to learn more!

Activity #1 – Asthma vs. Allergies

What's the difference between asthma and allergies? Though they are often spoken of together, they are different conditions—allergies can commonly, but not always, provoke asthma symptoms. Learn more with the educational chart on page 2.

Activity #2 – Spot The Differences

Can you spot 10 differences between the asthma/allergen irritants pictured on page 3? (*answers on page 4.*)

Activity #3 – Know The Signs: Take Action to Control Your Asthma

When your airways are constricted from asthma, you are likely to experience shortness of breath, chest tightness, wheezing and coughing. Having an asthma action plan can help you keep your asthma under control. Working with your provider, ask about the action plan zones listed on page 4.

Activity #4 – Healthier Home Checklist

Indoor air can be up to five times more polluted than outdoor air, per the U.S. Environmental Protection Agency (EPA), and 3.8 million deaths are attributed to household air pollution annually, according to the World Health Organization (WHO). Use the checklist on page 5 to improve your indoor air quality.

For questions or more information, please email wellness@wellfirstbenefits.com.

Asthma vs. Allergies

	Asthma	Allergies
Definition & Diagnosis	<p>A condition in which a person's airways become inflamed, become narrower due to swelling, and produce extra mucus, all of which makes it difficult to breathe.</p> <p>Diagnosed through physical exam and lung function tests (e.g., spirometry).</p>	<p>Abnormal and unusual response of the immune system to substances in the environment.</p> <p>Diagnosed through skin prick tests and blood tests.</p>
Organs Affected	Lungs and airways.	Multiple organs such as nose, lungs, throat, skin, lining of stomach, eyes and sinuses. Frequently allergies provoke asthma symptoms
Common Signs & Symptoms	<ul style="list-style-type: none"> • Shortness of breath • Coughing • Wheezing • Sensation of chest tightness 	<p>Symptoms vary widely and depend on how you're exposed. Some symptoms include:</p> <ul style="list-style-type: none"> • Itchy, watery eyes • Itchy and/or runny nose • Sneezing • Rashes • Hives (a rash with raised red patches) • Stomach cramps • Vomiting • Diarrhea • Bloating • Cough • Throat closing • Wheezing
Common Causes (can vary from person to person)	<p>Inflammation, mucus production and airway narrowing can start due to a variety of reasons:</p> <ul style="list-style-type: none"> • Viral infections • Allergies • Emotional upsets • Chemical irritants such as smoking or smoke exposure • Change in temperature or humidity • Exercise • Fatigue 	<p>Many different allergens are responsible for allergic reactions and include:</p> <ul style="list-style-type: none"> • Pollen • Dust • Food (e.g., fish, peanuts, shellfish, eggs) • Insect stings • Animal dander • Mold • Medications/Drugs • Latex

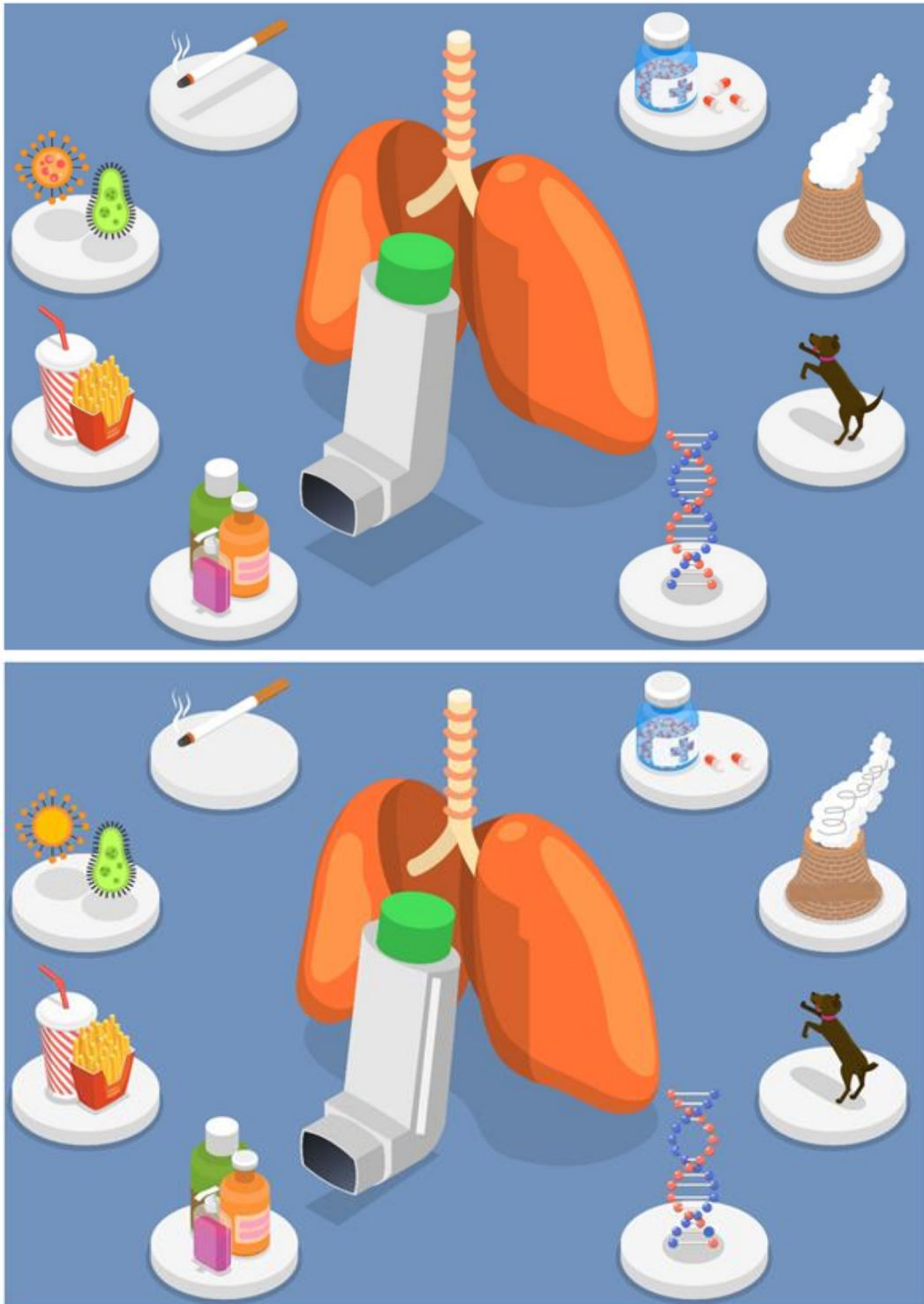
[Learn more](#) about Asthma Causes and Treatment.

[Learn more](#) about Allergy Prevention and Treatment.

[Learn more](#) about Allergy Test Types.

Spot The Differences

Can you spot the 10 differences between the asthma/allergen irritants in these two pictures?
Answers provided on page 4.



Know The Signs: Take Action to Control Your Asthma

Work with your health care provider to create the best asthma action plan for your health. Ask about these possible action plan zones to guide your care.

When you're in the "Green Zone," you're doing well. You should:

- Have no coughing, wheezing, chest tightness or difficulty breathing.
- Be able to work, play, exercise or do your everyday activities with no symptoms.
- Have a peak-flow reading of 80% to 100% of your personal best.

When you're in the "Yellow Zone," you should take caution. This means you are:

- Coughing, wheezing, feeling tightness in your chest or having difficulty breathing.
- Able to do some, but not all, usual activities.
- Waking up at night due to asthma.
- Getting 50% to 79% of your personal best when you use your peak-flow meter.

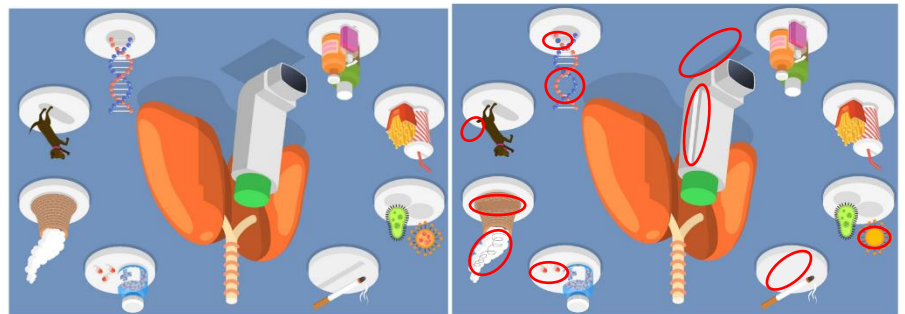
When you're in the "Red Zone," contact your provider immediately.

If you cannot reach your provider, go to the nearest emergency department or call 911.

This means you are:

- Very short of breath.
- Having problems walking or talking due to asthma symptoms.
- Not responding to quick-relief medicines.
- Experiencing symptoms that are the same or getting worse after 24 hours in the "Yellow Zone".
- Getting a peak-flow reading of less than 50% of your personal best.

Answer Key: Spot The Differences



Healthier Home Checklist

It is difficult to avoid problem causing allergens entirely, but there are a few things you can do to lessen the impact they may have. Use this checklist for suggested tips on how to improve the indoor air quality of your home to lessen the impact of your allergies and/or asthma.

- Replace the air filters in your HVAC system as recommended by the manufacturer .
- Clean your living space once per week to remove dust, pollen, mold and animal dander.
- Select easy-to-clean home furnishings.
 - Choose blinds that can be wiped down over curtains. If you choose curtains, select fabric ones that can be washed in 130°F hot water regularly.
 - Vacuum furniture and mattresses weekly.
 - Use allergen-barrier mattress covers.
 - Wash throw blankets in 130° F hot water.
- Wash all bedding weekly in 130° F hot soapy water and dry on high heat. Replace pillows every 2 years. Use zippered allergen pillow protector covers.
- Leave your bed unmade to let it cool and air out. Warmth and moisture from your body encourage dust mite growth.
- Check your shower curtain for signs of mold/mildew and replace, if necessary.
- Consider using a portable, room-sized air purifier.
- Keep windows closed during peak pollen season and when outdoor air pollution is high. Also, during peak pollen season, take your shoes off and change clothes upon coming in from the outdoors and take a shower before bed.
- For seasonal allergies, begin taking antihistamines in anticipation of your seasonal symptoms.
- As much as possible, avoid harsh chemicals like bleach, and remove items from your home with strong scents like candles.
- Measure and control the humidity inside your home. The Environmental Protection Agency (EPA) recommends that indoor humidity range is between 30% to 50%.
- Improve air flow by leaving interior doors open and run exhaust fans in bathrooms and kitchens. Clean exhaust fan covers a few times per year.
- Consider using certified asthma and allergy friendly® products.

To learn more and to find certified asthma and allergy friendly® products check out Asthma and Allergy Foundation of America.

Information obtained from SSM Health and The Asthma and Allergy Foundation of America(AAFA)

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