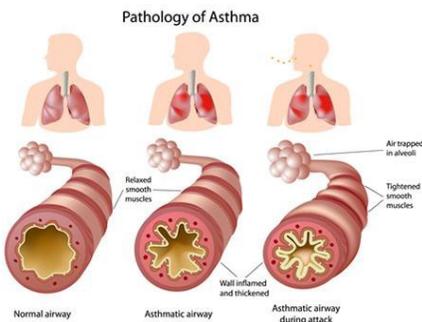


ONE IN 13 PEOPLE HAS ASTHMA

Asthma is a condition in which the airways become swollen, narrow, and inflamed. This causes the airways to produce extra mucus, making it hard to breathe. Asthma can cause episodes of wheezing, breathlessness, tightness in the chest and coughing.



IS ASTHMA REALLY A PROBLEM?

Yes: Asthma is a serious health and economic concern in the United States, and it is expensive

- Asthma costs the United States \$56 billion each year.
- The average yearly cost of care for a child with asthma was \$1,039 in 2009.
- In 2008, asthma caused:
- 10.5 million missed days of school
- 14.2 million missed days of work

IT'S COMMON

Approximately one in every two New Yorkers with asthma has asthma that is not well controlled or very poorly controlled

In the US in 2010:

- 18.7 million Adults had asthma, or 1 in 12
- 7 million children had asthma, or 1 in 11

IT'S DEADLY

- About 9 people die from asthma each day
- In 2009, 3,388 people died from asthma

ASTHMA IN CHILDREN

Children see medical professionals for asthma more often. This includes:

- Routine doctor visits
- Emergency department visits. Nearly 1 in 5 children with asthma needed to visit an emergency department for care in 2009.
- Urgent care visits

ASTHMA AND ETHNICITY

Race and ethnicity make a difference:

- Black adults are hospitalized for asthma more often than white adults
- Black and Hispanic children visit emergency departments for asthma care more often than white children

SYMPTOMS OF ASTHMA

Diagnosing someone with asthma entails questions about medical history and symptoms as well as a physical exam.

Common symptoms of asthma include:

- Recurrent wheezing
- Coughing
- Trouble breathing
- A whistling or wheezing sound when exhaling (wheezing is a common sign of asthma in children)
- Chest tightness
- Symptoms that occur or worsen at night
- Symptoms that are triggered by cold air, exercise, or exposure to allergens

RISK FACTORS

- Having a blood relative (such as a parent or sibling) with asthma
- Having another allergic condition, such as atopic dermatitis or allergic rhinitis (hay fever)
- Being overweight

- Being a smoker
- Exposure to secondhand smoke
- Exposure to exhaust fumes or other types of pollution
- Exposure to occupational triggers, such as chemicals used in farming, hairdressing, and manufacturing



CONTROLLING AND PREVENTING ASTHMA

Asthma cannot be cured but it can be controlled. There are medicines that can be prescribed and triggers that can be avoided. Your doctor can provide you with further information on options that are appropriate to your specific situation.

HOW IS ASTHMA TREATED?

Take your medicine exactly as your doctor tells you and stay away from things that can trigger an attack to control your asthma. Everyone with asthma does not take the same medicine.

You can breathe in some medicines and take other medicines 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 frequently, 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.

Asthma medicines can have side effects, but most side effects are mild and soon go away. Ask your doctor about the side effects of your medicines.

Remember: you can control your asthma. With your doctor's help, make your own asthma action plan. Decide who should have a copy of your plan and where he or she should keep it. Take your long-term control medicine even when you don't have symptoms.

HOW OFTEN DO PEOPLE WITH ASTHMA SEE THEIR DOCTORS?

People with asthma need proper medical care to manage their disease. When their asthma is controlled with routine care and education, they are less likely to visit emergency departments and urgent care facilities for asthma-related treatments. When people with asthma make emergency visits to medical professionals, we know there's a good chance their asthma isn't under control.

CONTACT YOUR DOCTOR IF

- You believe you might have asthma
- You find you are using your quick-relief inhaler more often

RESOURCES

Learn more about asthma:

[Centers for Disease Control](#)

[CDC's National Asthma Control Program](#)

[Mayo Clinic](#)

[NYC Department of Health](#)

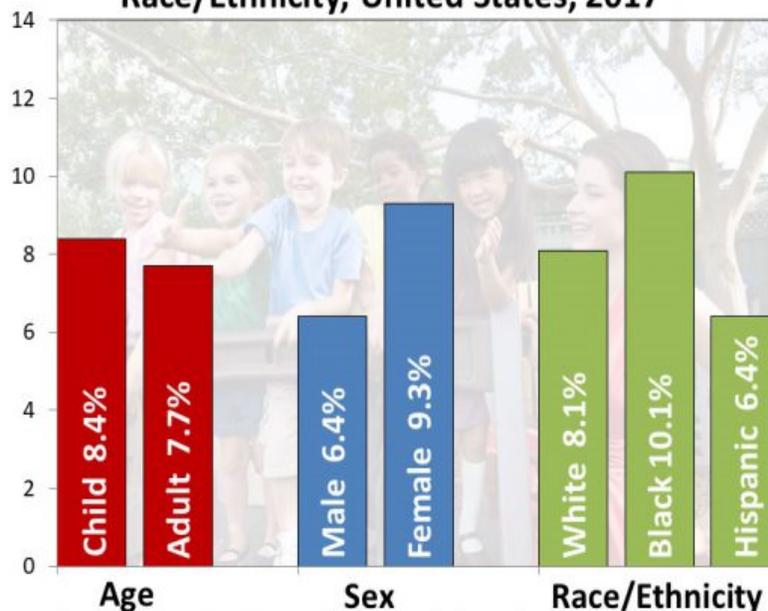
[American Academy of Allergy, Asthma & Immunology](#)

Adapted from materials available from:

[Centers for Disease Control](#)

[The Mayo Clinic](#)

Current Asthma Prevalence Percents by Age, Sex, and Race/Ethnicity, United States, 2017



Source: National Health Interview Survey, National Center for Health Statistics, Centers for Disease Control and Prevention