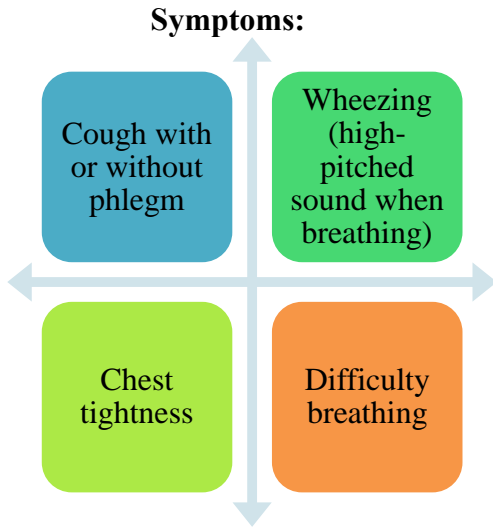










Asthma

Asthma causes the muscles around the airways to narrow and the walls to become inflamed. Reducing the amount of air that passes through these routes.



What can cause an asthma attack?

| | |
|---|--|
|  | Respiratory infections |
|  | Training |
|  | Weather changes |
|  | Smoke of the tobacco |
|  | Chemicals in the air or food |
|  | Pets, pollen, fungi, dust mites, or cockroaches |
|  | Strong emotions (stress) |
|  | Certain medications (example aspirin) |

How is asthma diagnosed?

Your doctor will ask how often your symptoms are and how they get worse. You may need lung function tests and chest X-Rays to look for other lung problems.

Treatment: Medications decrease airway inflammation. These can be inhaled, injected, or taken in pill form, and allergy tests can find triggers for an asthma attack.

What is an action plan?

- Instructions for taking medications.
- List of what triggers an asthma attack and how to avoid them.
- How to recognize when asthma worsens and when to call your provider or visit an emergency room.

Risk of getting seriously ill from COVID-19

People with moderate to severe or uncontrolled asthma are more likely to be hospitalized for COVID-19. Take steps to protect yourself.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after medical treatment, please visit your primary physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

References:

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/asthma.html>

<https://medlineplus.gov/spanish/ency/article/000141.htm>

Prepared by licensed Health Educators. Revised April 2021. © First Medical Health Plan, Inc.