

FAST FACTS



Peak flow readings may indicate an asthma flare-up before symptoms appear!

Quick-Relief, or “rescue” medications, are taken when asthma flares-up

A peak flow meter measures how well you are breathing

Long acting asthma medications control inflammation to prevent symptoms



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DISEASE
MANAGEMENT
LINK *to Better Health*



Asthma Control

*Providing support to help
you better manage
your health & well-being.*

By



TIPS FOR ASTHMA CONTROL

What is Asthma?

Asthma is a chronic condition in which the airways become inflamed and narrow, causing recurring episodes of wheezing, chest tightness, shortness of breath, and coughing (which is usually worse during the night or early in the morning). It affects people of all ages, but usually starts during childhood. The symptoms of asthma may be brought on by “triggers”, such as allergens, irritants, viral or respiratory infections, certain medications, exercise, and cold air.

Though there is no cure, asthma is a very manageable condition, and most people with the diagnosis have few recurring episodes. Education is key.



What Causes Asthma?

The cause of asthma is unknown. The disease may result from certain childhood respiratory infections or chemical irritant exposure. People with a tendency to develop allergies, as well as children of parents with asthma, are also at greater risk of developing the condition.

What Can you Do?

The development of an individual Asthma Action Plan is important in learning to control flare-ups. This plan, developed with your asthma care provider, contains guidelines for care. It may identify:



- Asthma triggers
- Long-acting and quick-relief medications and dosage
- Normal and problematic ranges for peak-flow readings
- Instructions for tracking levels of control
- How and when to respond to flare-ups
- When to call the doctor
- When to seek emergency treatment



Welborn Health Plans Disease Management

For questions about Asthma Control or other disease states, call Welborn Health Plans Disease Manager at 800-521-0265.

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