



ASTHMA PREVENTION

(Member's Education)

The best way to prevent asthma attacks is by identifying and avoiding or controlling those things that can cause an asthma attack, called triggers.

TRIGGERS	WAYS TO AVOID OR CONTROL THE TRIGGER
<input type="checkbox"/> DUST MITES: Many people with asthma are allergic to dust mites.	<input type="checkbox"/> Wash bed linens and blankets once a week. <input type="checkbox"/> Put airtight covers on mattresses and pillows. <input type="checkbox"/> Remove carpets from bedrooms. <input type="checkbox"/> Keep stuffed toys out of bedroom. <input type="checkbox"/> Do not sleep or lie on cloth covered cushions or furniture.
<input type="checkbox"/> COCKROACH: A common trigger of asthma.	<input type="checkbox"/> Clean home regularly. <input type="checkbox"/> Keep food and garbage in closed containers. <input type="checkbox"/> Use pesticides. <input type="checkbox"/> If a spray is used, air the home and stay out until the odor is gone.
<input type="checkbox"/> TOBACCO SMOKE: Primary or secondhand smoke can trigger asthma.	<input type="checkbox"/> Avoid tobacco smoke. <input type="checkbox"/> If you smoke, enroll in HIP's Smoking Cessation Program to quit. <input type="checkbox"/> If someone in your house smokes, encourage them to enroll in HIP's Smoking Cessation Program.
<input type="checkbox"/> ANIMAL DANDER: Dander from animals with fur such as cats and dogs can trigger asthma.	<input type="checkbox"/> If possible, keep pets out of the home. <input type="checkbox"/> If there are pets in the home: <ul style="list-style-type: none"> – Keep them out of the bedroom. – Have the pet washed weekly.
<input type="checkbox"/> POLLEN AND MOLDS: A common trigger of asthma.	<input type="checkbox"/> Close windows and doors and stay indoors when pollen and mold counts are high. <input type="checkbox"/> Use air conditioning if possible. <input type="checkbox"/> Fix leaky pipes or faucets. <input type="checkbox"/> Clean surfaces to avoid mold.
<input type="checkbox"/> SMOKE, ODORS AND SPRAYS: Wood burning stoves, fireplaces, kerosene heaters, strong odors and sprays can trigger asthma.	<input type="checkbox"/> Vent furnaces and stoves to the outside. <input type="checkbox"/> Keep rooms well-ventilated. <input type="checkbox"/> Avoid sprays, polishes, perfume, hair spray, paint and talcum powder.
<input type="checkbox"/> WEATHER: Cold air and winds can trigger asthma.	<input type="checkbox"/> Cover the nose and mouth on cold or windy days.
<input type="checkbox"/> FOODS: Certain foods contain sulfites. Some people are allergic to sulfites.	<input type="checkbox"/> Do not have beer, wine, shrimp, dried fruit, or processed cheeses.
<input type="checkbox"/> COLDS: Colds or respiratory infections can trigger asthma.	<input type="checkbox"/> Get a flu shot.
<input type="checkbox"/> EXERCISE: Exercise can trigger an asthma attack.	<input type="checkbox"/> Try not to exercise outside when air pollution or pollen levels are high. <input type="checkbox"/> Warm up for about 6 to 10 minutes before you exercise. <input type="checkbox"/> Take your asthma medicine before exercise if ordered by your doctor.

REFERENCES: National Institutes of Health National Heart, Lung and Blood Institute. 1997 Practical Guide for the Diagnosis and management of Asthma. NIH Publication No. 97-4053. copyright© 1999 HIP®

ASTHMA SELF-MANAGEMENT

At the first visit to your doctor:

1. Discuss with your doctor any concerns or questions that you have about asthma.
2. **Establish and agree on an asthma management plan with your doctor. (This is a very important part of the program.)**

At each subsequent office visit:

1. Discuss with your doctor any concerns or questions that you have about asthma at each visit.
2. Review the goals that you set with your doctor at the first visit.
3. Bring your asthma management plan with you.
4. Review your asthma management plan including:
 - Avoidance of triggers.
 - Sign and symptoms of asthma.
 - What to do for emergency management.
 - Your asthma medicines.
 - Use of peak flow meter and daily peak flow numbers (if given one)
5. Remember to ask questions if you are not sure of what to do.