

Asthma

Test yourself

Which of the following are symptoms of asthma?

- A) wheezing
- B) coughing
- C) shortness of breath
- D) all of the above

If you answered “D,” you are correct. If you have asthma, it is important to know whether these symptoms occur more than twice a week, result in trips to the emergency room, or cause you to miss activities. If they do, you can take steps to control your asthma.

Learning about what causes asthma flare-ups and what you can do to help prevent them is an important first step in taking control of your asthma.

Triggers

Taking action to control your asthma starts with identifying your asthma triggers and taking steps to avoid them. Many people with asthma also have allergies, and though these conditions are different, allergic reactions can bring on an asthma flare-up. Determining whether you have allergies and what triggers your asthma is an important step in preventing asthma flare-ups.

Other asthma triggers can include cockroach droppings and remains, cigarette smoke, dander from pets, pollen, dust mites, mold, colds and flu, cold air, exercise, and strong smells (e.g., perfume).

Medications

For many people with asthma, medication can be an important part of treatment. Did you know that long-term control medications, if taken every day, can actually prevent asthma symptoms? These medications can also reduce airway inflammation. If you are using quick-relief or rescue medications on a daily basis, talk with your health care provider about effective long-term medications.

Taking action

An asthma action plan can get you started on the right track. Start managing your asthma care by asking your health care provider to make a written plan that shows the steps you need to take. Making important medical decisions is a responsibility you share with your doctor.

About the ConnectionsSM Health Management Programs

The Connections Health Management Programs are designed to help you become a more informed health care consumer. Connections offers both disease management and decision support services.

Disease management services are for you if you have a chronic condition, such as diabetes, lung or breathing problems, or heart conditions. You can receive information and support to learn how to improve your health and overall quality of life. Decision support services can assist you if you are facing a significant medical decision or have an everyday health concern. Start today to become an active part of your care team and meet your asthma-control goals. Call 1-800-ASK-BLUE for information and support in sticking to your provider's treatment plan. Health Coaches are available 24/7.

We're here for you every step of the way.

