



Asthma Information For Senior West Virginians

Asthma is a breathing problem that affects 18.3 million Americans, including 2.8 million seniors. It can develop at any age, symptoms may go away, and then return later in life. Some people develop asthma for the first time when they are older.

Triggers

Asthma makes it difficult to get air in and out of your lungs. This is called an **asthma attack**, and is usually caused by triggers, including:

- Allergens such as pollen, mold, dust, pets and household pests
- Irritants such as tobacco smoke, perfumes, scented sprays/deodorants and household cleaning products
- Other triggers include certain foods, exercise, temperature changes, certain medications, stress, heartburn, colds, and sinus infections

Symptoms

When a person with asthma is around their personal asthma trigger, certain symptoms may occur, including:

- A wheezing sound when you breathe
- Coughing
- Shortness of breath
- Chest tightness

Control

There is no cure for asthma, but if you have it, you can control it by:

- Avoiding your asthma triggers
- Knowing your early warning signs of an attack
- Understanding and following your asthma treatment plan, including taking medications as directed
- Leading a healthy lifestyle that includes proper rest, good nutrition and regular exercise
- Reducing excess weight
- Talking with your doctor



For More Information

West Virginia Asthma
Education and Prevention
Program
Phone: (304) 558-0644
Website:
www.wvasthma.org

American Lung Association
of West Virginia
Phone: 1-(800)-LUNGUSA
Website: www.alawv.org

CAMC Occupational Lung
Center
Phone: (304) 388-7100
Website: www.camc.org

West Virginia Division of
Tobacco Prevention's
Tobacco Cessation Quitline
Phone: 1-(877) 966-8784
Website: www.wvntp.org

National Heart Lung &
Blood Institute
Phone: (301) 592-8573
Website: www.nhlbi.nih.gov

