



Mission In Motion

Health & Wellness Weekly Bulletin

October 2012—Healthy Lungs



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Do you know why most kids miss school?

Asthma is the number one reason. More than 20 million Americans of all ages have this chronic lung condition—a disease that causes airways to tighten and narrow. Managing asthma involves knowing and avoiding asthma triggers, such as smoke, pesticides, pollens, food allergies, cleaning products and perfumes. Asthma can be a life-threatening condition, and it should be evaluated and managed by a doctor.

Source: American Academy of Family Physicians



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