

Health & Wellness Tip of the Week

Week 13 March 26, 2018

Our mission is to promote health awareness and encourage healthy lifestyles.



BlueCross BlueShield
of Texas



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What is Asthma?

Asthma is a chronic condition that can vary in its seriousness over time. It is important to know and understand your asthma triggers and avoid them. Knowing what to do and being ready may help you stay calm when symptoms appear, possibly saving you a trip to the emergency room. To help manage your asthma:

1. **Know your symptoms:** You can become familiar with your symptoms by using a peak flow meter to keep track of your 'peak flow,' the rate at which you can push air out from your lungs in one fast blast. When you check your peak flow on a regular basis, you know when your asthma is under control and when it is flaring up. Sometimes you may see your asthma getting worse, even before you start having symptoms.
2. **Work with your doctor:**
 - Find out what your asthma triggers are and try to avoid them.
 - Check your asthma on a regular basis and call your doctor if you see it getting worse.
 - Ask your doctor for a written asthma plan and look at it together during your visits.
 - See your doctor every six months, because asthma can change over time.
 - Review your medicines with your doctor and be sure you know how to take them.
 - Remember to get a flu shot every year.
3. **Manage your medications:** Long-term control drugs should be taken daily, no matter how well you feel. They help control asthma and can stop asthma symptoms. Many of these drugs help control the chronic inflammation. Quick-relief (rescue) drugs relieve symptoms. These drugs are typically used when asthma symptoms come about, or right before you exercise. Be sure to carry your quick-relief drugs, such as a rescue inhaler, with you all the time. Follow your doctor's directions when taking all medicines.

Source: BlueCrossBlueShield

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