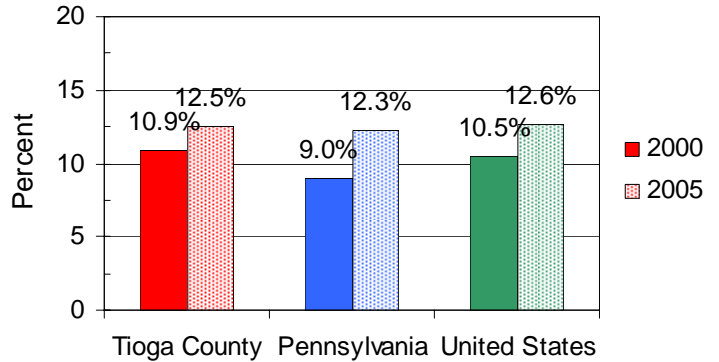


Asthma Facts

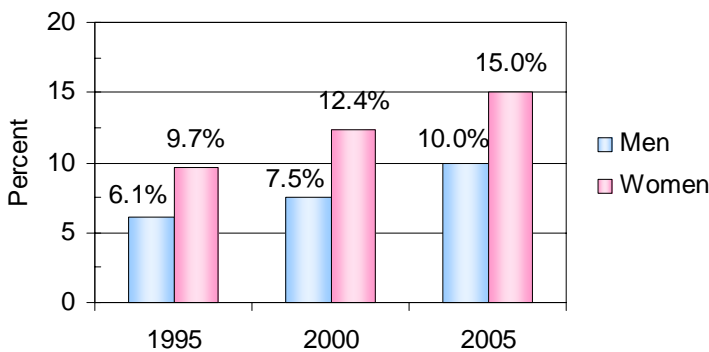
The Symptoms

- Coughing
- Chest tightness
- Wheezing
- Difficulty breathing

Percent of Adults Reporting They Have Been Diagnosed with Asthma



Percent of Tioga County Adults, by Gender, Reporting They Have Been Diagnosed with Asthma



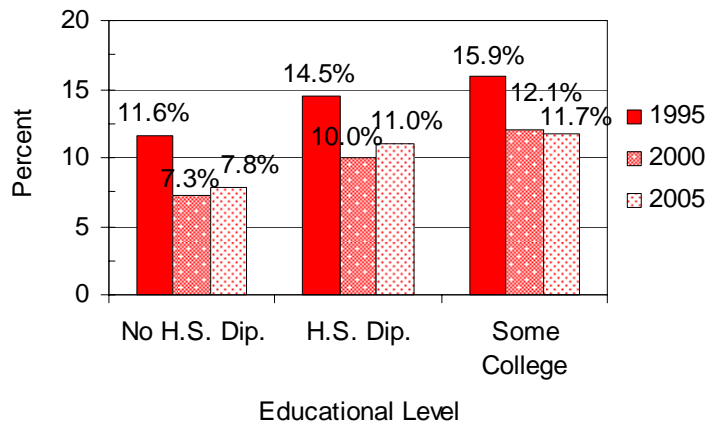
The Risk Factors

- Exposure to secondhand smoke or environmental tobacco smoke.
- Exposure to chemicals used in industry, such as farming, hairdressing and manufacturing.
- Having one or both parents with asthma.
- Respiratory infections in childhood.
- Low birth weight.
- Obesity.

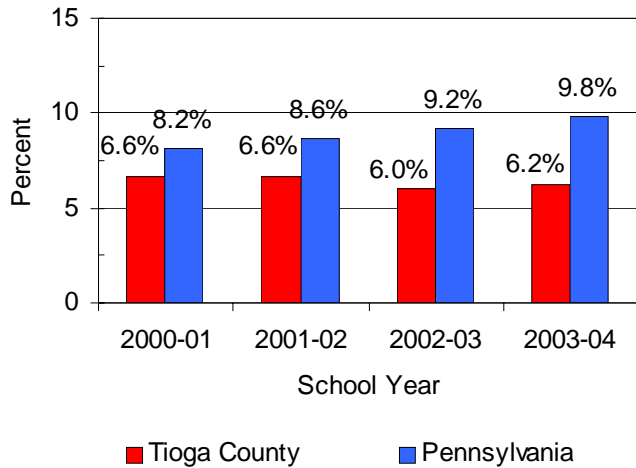
The Triggers

- Secondhand smoke
- Dust mites
- Air pollution
- Cockroaches
- Pets
- Mold

Percent of Tioga County Adults, by Education, Reporting They Have Been Diagnosed with Asthma



Percent of School Aged Children with Asthma



The Impact of Asthma on Children and Adolescents

One of the most common chronic diseases of childhood.

Accounts for 14 million missed school days each year.

Third ranking cause of hospitalizations of those under 15.

The Cure

None

The Treatment

Visit your health care provider regularly.

Follow a management plan.

Avoid triggers.

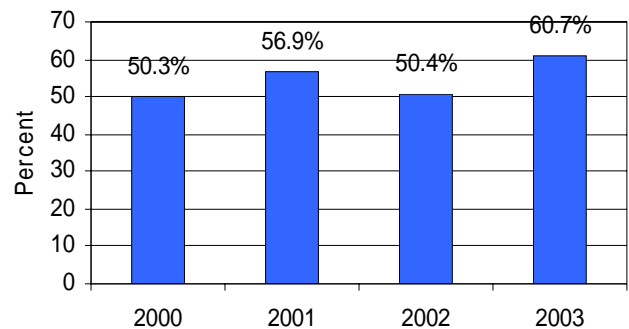
Monitor lung function.

Long-term and fast-acting medications.

The Prevention

None

Hospitalization Rate for Pennsylvania Children Under Age 5 per 10,000



Actions To Help Control Asthma:

- See your health care provider and develop an asthma management plan.
- Reduce exposure to or avoid known asthma attack triggers, such as secondhand smoke.
- Take your fast-acting and/or long-term medicines as directed in your asthma management plan.
- Educate yourself and your family about asthma and triggers that cause your attacks.
- See your physician or other health care provider regularly.



Data for this fact sheet were taken from the following sources: The Pennsylvania Department of Health, Bureau of Health Statistics and the Tioga County Partnership for Community Health. For further information regarding this fact sheet, please call (570) 662 - 4767 or email: Ishelham@mansfield.edu.
www.mansfield.edu/~tcpch/

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