

So you have asthma?

You're not alone.

Asthma is a serious problem for many Middle Tennesseans. According to a study performed by the American Lung Association, in 2005 over 46,000 adults and children in Davidson County alone were estimated to be living with asthma.

Asthma is a chronic disease that affects the airways. The airways of asthma sufferers are inflamed and sensitive, causing them to react to irritants in the air. While there is currently no cure for asthma, don't lose hope. Most people with asthma can control it.



With a little help and a few lifestyle changes, there's no reason you can't continue to lead a normal and active life.

LOOK INSIDE this brochure for helpful information about how to manage your asthma symptoms.

For more information on air quality in the Nashville area:

o Visit the Clean Air Partnership of Middle TN web site at www.cleanairpartnership.info.

o Call 615-340-0488 for up-to-date air quality information for Middle Tennessee.

o Sign up to receive air quality alerts by e-mail or text message by visiting <https://enviroflash.epa.gov> and clicking on the EnviroFlash Air Quality link.

For information about materials or training:

o Contact Patricia Khalil, Metro Nashville Health Dept., 615-340-0405.



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Breathe Easier...



Living with Asthma in Middle Tennessee

Talk to Your Doctor About an Asthma Action Plan.



An action plan lists the things that can bring on an attack and includes daily medicine needs and rescue medicines for emergencies. Don't forget to share the plan with the important people in your life.

Get Educated.

Take control of your asthma by



AMERICAN LUNG ASSOCIATION®
of Tennessee

learning more about it. The American Lung Association of Tennessee offers several free classes for adults and children about living with asthma. For more information about classes offered in your area call (615) 329-1151.

Don't Forget Your Meds.



You should always take your medicines exactly the way your doctor tells you. Pay attention to the way your body reacts to your medicine and talk to your doctor about any bothersome side effects.

The goal of treatment is to control your symptoms so that you can maintain an active lifestyle.

Clear Your Home of Things That Could Cause an Attack.

While it isn't clear what causes asthma, we do know several things that can bring on an attack. These things are called triggers. Secondhand smoke, dust mites, mold, cold temperatures, pet dander and common household pests like cockroaches are all common asthma triggers.

A Few Simple Steps....



If you can't stop smoking completely, try only smoking outside instead of in your house or car.

Keeping animals out of sleeping areas and replacing carpet with hardwood, tile or linoleum can reduce asthma attacks.



dust mite magnified

Keeping bedrooms free from dust mites is especially important for people with asthma.

Using dust-mite-proof cases for pillows and mattresses, washing sheets and curtains every week, and replacing standard air conditioner filters with HEPA filters are all ways to reduce the number of dust mites in your home. You should also dust hard surfaces and vacuum at least once a week.

Check the Air Quality Forecast.

The Air Quality Index (AQI) is a color coded system created for reporting daily air quality. It tells you how clean the air is outside and predicts how clean it will be for the next two days.

People with asthma should talk to their doctors about what to do on orange and red days. You can find the forecast in the newspaper, on the internet and local television and radio stations.

If you drive to work on the interstate, you may see the forecast on air alert days on the TDOT message boards.

You can also receive e-mails with the forecast through e-mail from EnviroFlash. Visit <https://enviroflash.gov> and click on the EnviroFlash Air Quality link to sign up.

Air Quality Index (AQI) Values	Levels of Health Concern	Colors
<i>When the AQI is in this range:</i>	<i>...air quality conditions are:</i>	<i>...as represented by this color:</i>
0 to 50	Good	Green
51 to 100	Moderate	Yellow
101 to 150	Unhealthy for Sensitive Groups	Orange
151 to 200	Unhealthy	Red

The chart above shows the colors representing the different levels of air quality conditions.