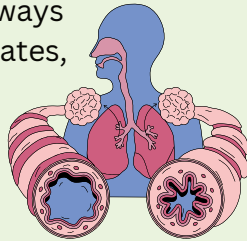


Asthma Control

Understanding Asthma

Asthma is a lung disease that causes swollen airways which makes breathing difficult. In the United States, **1 out of every 12 people has asthma.** Asthma occurs more often in children than in adults. Some adults have asthma during childhood but later have very few or no symptoms.



How is Asthma Controlled?

Medicines are essential to control asthma. Asthma medicines come in two types: **quick relief and long-term control.** Quick-relief medicines control symptoms of asthma attacks. Long-term control medicines help with having fewer and milder attacks but don't work during an asthma attack.



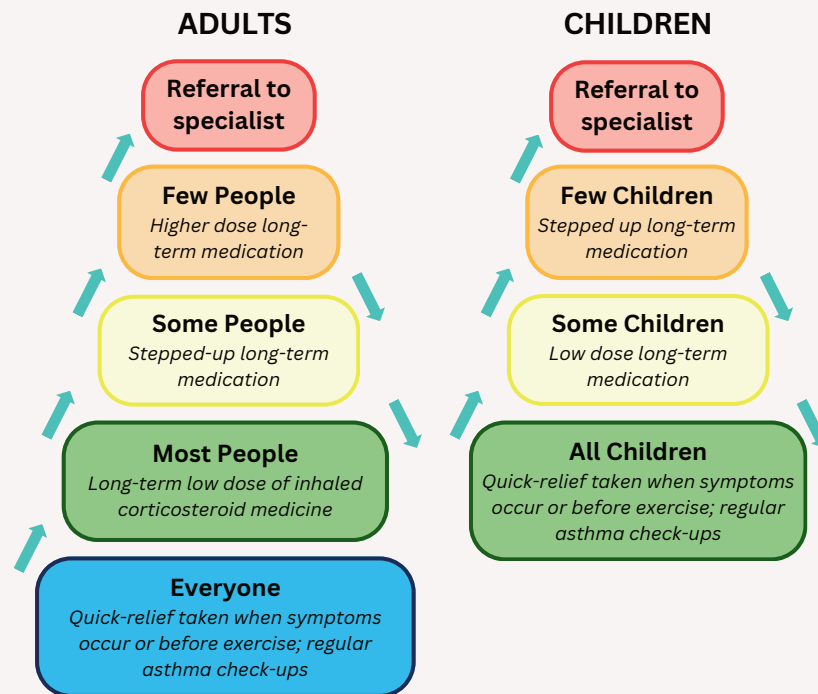
Asthma Symptoms

- Wheezing
- Chest tightness
- Shortness of breath
- Coughing

Asthma-induced factors



How Asthma Medications Are Adjusted



Self-Managing Asthma

- **Live smoke-free:** Don't smoke, and avoid other people's cigarette smoke (even outdoors). Smoking and asthma are a dangerous combination for adults and children.
- **Eat well:** Aim for plenty of fruits and vegetables daily, eat fish often, and limit foods high in saturated fat (e.g. fast foods).
- **Weight control:** Being overweight may make asthma harder to manage. Losing even a small amount of weight could improve asthma.
- **Look after your mental health:** Your mental health can affect your asthma and vice versa.



To learn more about our doctor's group, call Member Relations: (415) 590-7418

San Francisco Office
823 Jackson St.
San Francisco, CA 94133

Daly City Office
355 Gellert Blvd., Ste. 200
Daly City, CA 94015

aamgdoctors.net

