



### BREATHE EASY: ASTHMA 101



Asthma is a common breathing disorder that many young people face. Asthma is chronic (lasts a long time). It is not clear why some people develop asthma and there is no cure for it. Asthma can, however, be controlled with the right care. Uncontrolled asthma can result in a chronic (ongoing) inflamed airway. Being free of symptoms does not mean you do not have asthma anymore. People who have asthma can have active lives.

- Common triggers for asthma include:
- cigarettes (including secondhand smoke)
- smoke from recreational fires
- car exhaust and other air pollutants (leaving your car running for long periods of time while not in use is, for example, not good for air quality)
- chemical sprays
- perfumes, scented deodorants and other strong odors

### AT HOME ACTIVITY

Cigarette smoke is a common trigger for asthma sufferers. If someone in your household smokes and wants to quit, there is help available:

- Allina Health Class Registration at 612-262-3333 or [allinahealth.org/classes](http://allinahealth.org/classes)
- QUITPLAN® at 1-888-453-PLAN or [quitplan.com](http://quitplan.com).

### STAYING FIT!

If you or your child have asthma, you don't need to avoid exercise. Regular exercise is important for your overall health. If exercise is a trigger for you or your child, your health care provider may need to adjust your medicine plan by adding a reliever medicine before exercise. Spend some time each day as a family being physical active to strengthen your heart.

Here is a list of easy, fun activities:

- play tag
- jump rope
- go for a walk
- ride your bike
- dance around to an upbeat song while playing outside or cleaning the house
- march in place during TV commercials.

