



Outreach of the Month: Asthma

Information for Your Patients

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What is Asthma?

- Asthma is a respiratory condition which your start to close and creates extra mucus making it difficult to breathe.
- Symptoms of an asthma attack are, coughing, wheezing, and chest tightness
- Some triggers to an asthma attacking might be cold air, physical activity, respiratory infections, or even stress.

How to treat Asthma?

- Asthma cannot be cured, but its symptoms can be treated
- Your doctor may prescribe you oral medications such as Leukotriene modifiers, but the most popular form of fast relief would be a combination inhaler.
- Speak to your primary care provider about other types of treatment and other ways to prevent an asthma attack.

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