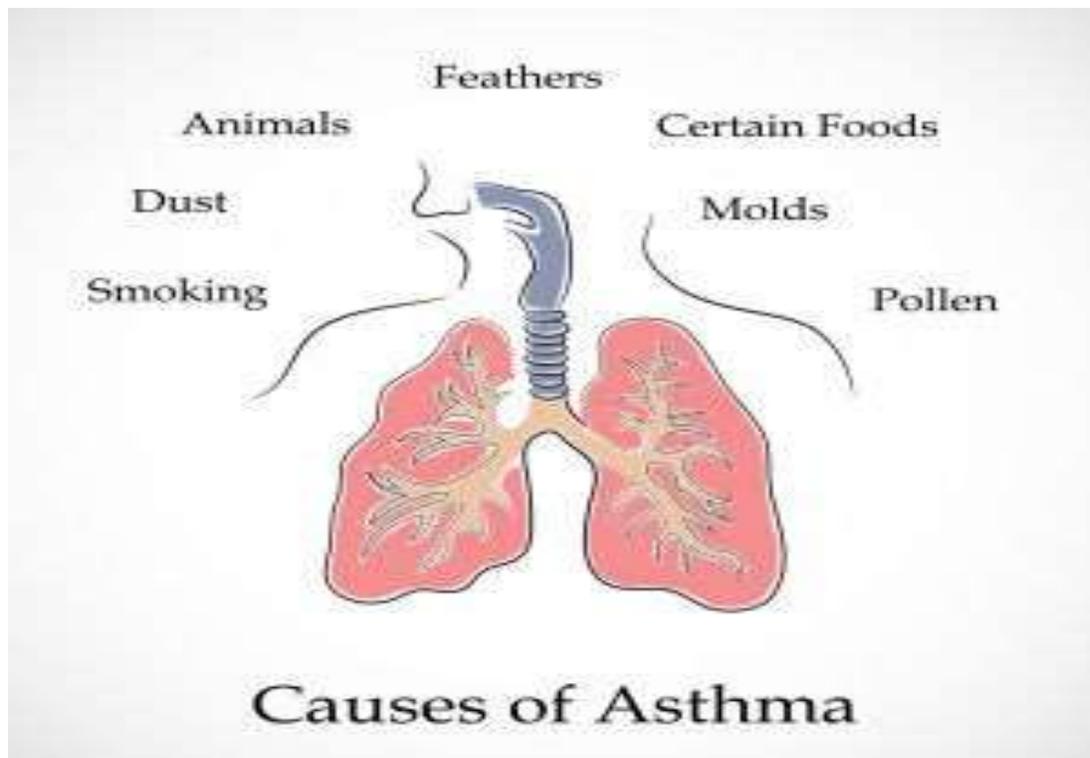


WISHING YOU ALL A HAPPY AND HEALTHY NEW YEAR

HEALTH TIPS FOR THE MONTH OF JANUARY 2018

GUIDE TO ASTHMA PREVENTION

Asthma is caused by inflammation in the airway. When an asthma attack occurs, the muscles surrounding the airway become tight and the lining of the air passages swell. This reduces the amount of air that can pass by, and can lead to wheezing sounds. While there's no asthma cure, there are steps to reduce the chances of having the frightening asthma symptoms such as coughing, wheezing, and difficulty catching your breath.



Identify Triggers for Asthma Prevention

- Dust, mites, air pollution, cold air, a cold virus, sinusitis, cigarette smoke, fragrances, exercise, emotions. So, it's vital to learn to identify the triggers.
- Keep track of asthma symptoms for several weeks, detailing all the environmental and emotional factors that are associated with the asthma to avoid the allergens to trigger your asthma attack.



Take Steps for Asthma Prevention with Allergies

- Smoke and asthma are a bad mix. Minimize exposure to all sources of smoke, including tobacco, incense, candles, fires, fireworks...,.. Do not allow smoking in your home or car, and avoid public places the permit smoking. If you smoke cigarettes, get help to quit successfully. Smoking always makes asthma worse.
- In addition, avoid close contact with people who have a cold or the flu since your asthma symptoms may worsen if you catch the infection from them. Wash your hands thoroughly after touching items that may have been handled by others with a respiratory infection.
- Allergy-Proof your Environment for Asthma Prevention if you can.
- Avoid eating in restaurants that are smoky or allow cigarette smoking—a known trigger of asthma.
- Take your own bedding and pillows in case the hotel only supplies feather pillows and down comforters, which may harbor dust mites and cause asthma symptoms.
- Get flu shot every year to protect against the flu virus.
- Consider Allergy Shots (Immunotherapy) for Asthma Prevention



An ounce of prevention is worth a pound of cure



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