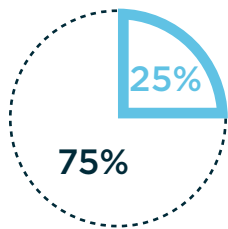


WHAT IS ASTHMA?

Asthma is a chronic disease **affecting the airways in the lungs** making it hard to breathe.

FACTS



Only **25% of asthmatics** have been given a prevention action plan against Asthma.



9 PEOPLE DIE
of asthma in the US every day
(**3 to 1 ratio** to Black Americans)

BLACK CHILDREN
are **twice** as likely to get asthma as white

POPULATION MOST AT RISK



In general, the **male population has higher risk** of getting Asthma

Adults Between
18 AND 24 YEARS OLD



Having **blood relative** with asthma

Being **overweight**



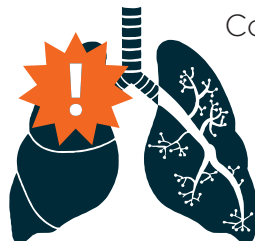
Being **a smoker**



Exposed to
secondhand smoking



DO YOU HAVE THESE SYMPTOMS?



Coughing?

Trouble breathing?

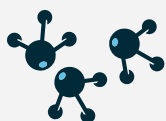
wheezing when breathing?

Chest tightness or pain?

TRIGGERS & CAUSES

Most people don't get proper treatment for affordability reason and because they don't know the available options. If you have any of these symptoms, **talk to your case manager or doctor to asses your options.**

Asthma manifest through attacks triggered by **environmental factors**:



Allergens



Exercising



Tobacco smoke



Air pollution



Airways infection

TOBACCO SMOKING AND OBESITY

increase the risk of asthma in adults

HOW TO PREVENT AND TREAT ASTHMA

It is **possible**

TO LIVE A HEALTHY LIFE WITH ASTHMA

if you work on **preventing and treating the symptoms.**

Managing asthma is a **team effort** that starts with **YOU!**

The **best way** is to avoid triggers
**ROUTINE CARE &
EDUCATION**
on how to **manage your asthma**

There are **2 treatment options**:



LONG-TERM CONTROL MEDICINES (Controllers)

Prevent lung inflammation but will not prevent triggered asthma attacks



QUICK RELIEF MEDICINES (rescue medicines)

Relax muscles around the airways & the narrowing of airways

Provides immediate relief lasting for several hours

Effective against asthma attacks

GETTING DIAGNOSED

IT'S AN
EASY
3-STEP
DIAGNOSIS



STEP 1 Take a **complete medical history**



STEP 2 Perform **physical exam**



STEP 3 Perform **breathing tests**



TAKE ACTION NOW.

Talk to your doctor or pharmacist to discuss the best option for you. They are here to help.

 BOCA PHARMACY GROUP

www.BocaPharmacyGroup.com

Information by Angela Velasquez-Gonzalez

