News Release

Darlene Hopkins

CEA-FCH Haskell County

Texas A&M Agrilife Extension Service

March 15, 2019

**Living with Asthma**

(Haskell, TX)– More than 1.5 million people in Texas are affected by asthma, according to the Center for Disease Control (CDC). However, this number does not include those who have the disease and have not yet been diagnosed. So, what exactly is asthma and what can you do about it?

According to the United States Environmental Protection Agency (EPA), asthma is a disease that causes the airways of the lungs to tighten and swell, making it difficult to breathe. When this occurs, it is referred to as an asthma attack and is often accompanied by coughing or wheezing. While asthma attacks only occur when triggered, the disease itself never goes away. Common asthma triggers, as stated by the CDC include:

* Tobacco smoke
* Dust mites
* Outdoor air pollution
* Cockroach allergens
* Pets
* Mold
* Smoke from burning wood or grass
* Sicknesses such as the common cold or flu

Asthma is most common among children and young teens; however, adults can have it too. While asthma requires a diagnosis from a medical doctor, Texas A&M AgriLife Extension Service’s Julie Tijerina recommends watching for these warning signs:

* Frequent cough attacks
* Difficulty breathing after physical activity
* Chest tightness
* Wheezing
* Family history

Depending on the severity of the asthma, a doctor may prescribe medicine to help with the attacks. To help mitigate and prevent asthma attacks, Tijerina also recommends following these steps:

* Know what triggers your asthma and do your best to stay away from them.
* Take your medications as prescribed.
* Track your asthma and recognize warning signs that may show that it is getting worse.
* Seek medical attention if you’re asthma is getting worse or if your attacks are becoming more frequent.

###

Sources:

<https://www.cdc.gov/asthma/faqs.htm>

Epa.gov

<https://www.aafa.org/asthma-prevention/>

For more information on family and consumer science related topics go to [www.haskell.agrilife.org](http://www.haskell.agrilife.org) or like us on Facebook at: Haskell County 4-H and Texas A&M AgriLife Extension Service. Also, contact Darlene Hopkins- the Haskell County Extension Agent for Family and Community Health at 101 S. Ave D, Haskell, Texas- phone # 940-864-2658.

*The Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture and the County Commissioners Courts of Texas cooperating*