

Asthma Awareness Month



In support of National Asthma Awareness month, the Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC) presents:

STEPS TO PREVENTING ASTHMA ATTACKS

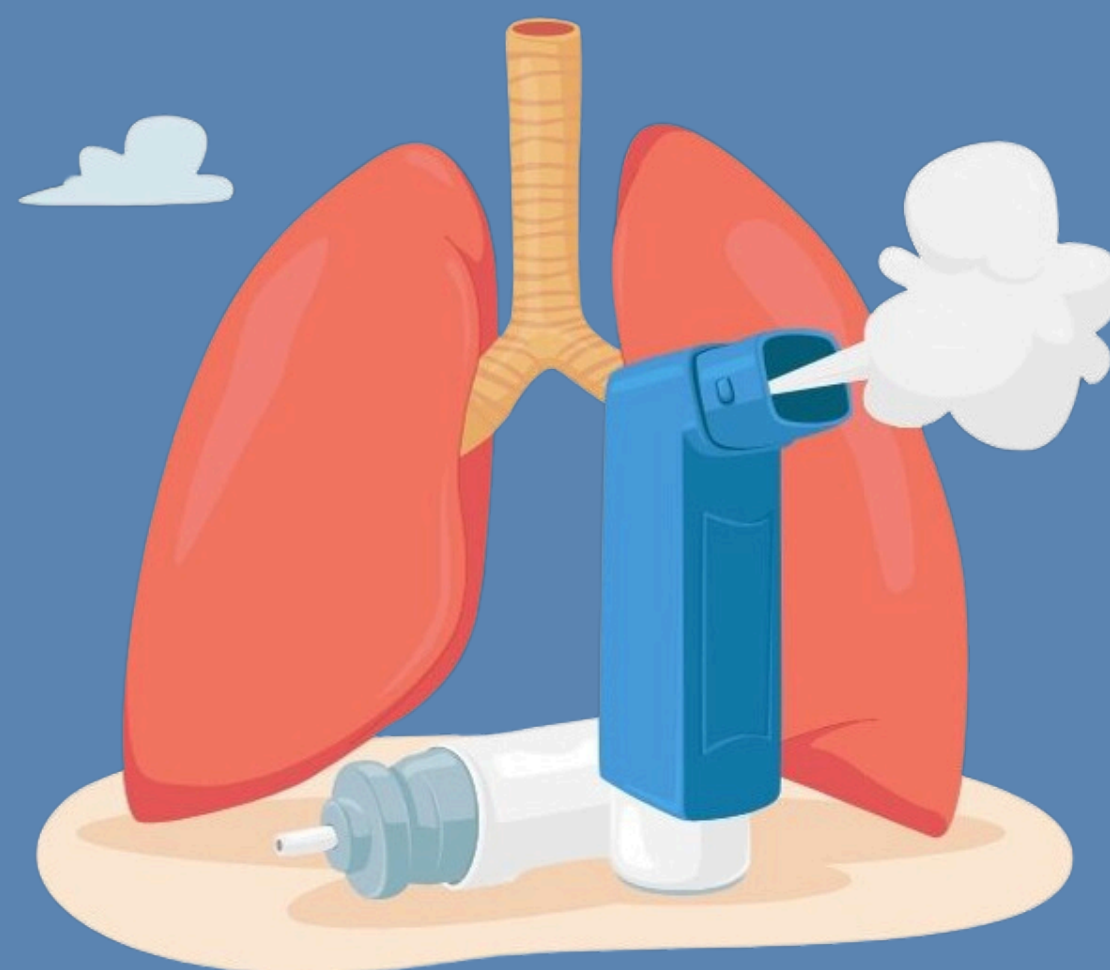
- 1 Talking to a Doctor**
Learn what is triggering your asthma attacks and identify the triggers in the home
- 2 Making a Plan**
Create an asthma action plan to prevent asthma attacks
- 3 "Asthma Proof" your home**
Learn what you can do to get rid of triggers in the home

ASTHMA TRIGGERS

- **Secondhand Smoke**
- **Dust Mites**
- **Molds**
- **Cockroaches and Pests**
- **Pets**
- **Nitrogen Dioxide**
- **Outdoor Air Pollutions**
- **Chemical Irritations**
- **Wood Smoke**

WHAT IS ASTHMA?

Asthma is a serious chronic respiratory disease that can even be life-threatening in some cases. With approximately 160,000 adults and 36,000 children having the disease in New Mexico, it is considered to be the most common chronic disease in the state. There is no cure for asthma, however, it can be regulated with proper medical treatment and management of indoor asthma triggers.



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More Information
on Asthma and
an Action Plan

