



# May is Asthma Awareness Month!



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

## STEPS FOR PREVENTING ASTHMA ATTACKS

- 1 Talk to a Doctor**  
After diagnosis, a doctor will help identify proper medication and share more information about triggers.
- 2 Make an Action Plan**  
Write out daily medications and steps to follow if a flare up or emergency occurs.
- 3 Reduce triggers at home**  
Learn what you can do to reduce triggers in the home

## WHAT IS ASTHMA?

Asthma is a chronic lung disease that affects the airways and can make breathing difficult. Symptoms vary but include: chest tightness, coughing, wheezing, and shortness of breath. Though there is no cure, asthma symptoms can be managed with medical care and at home.

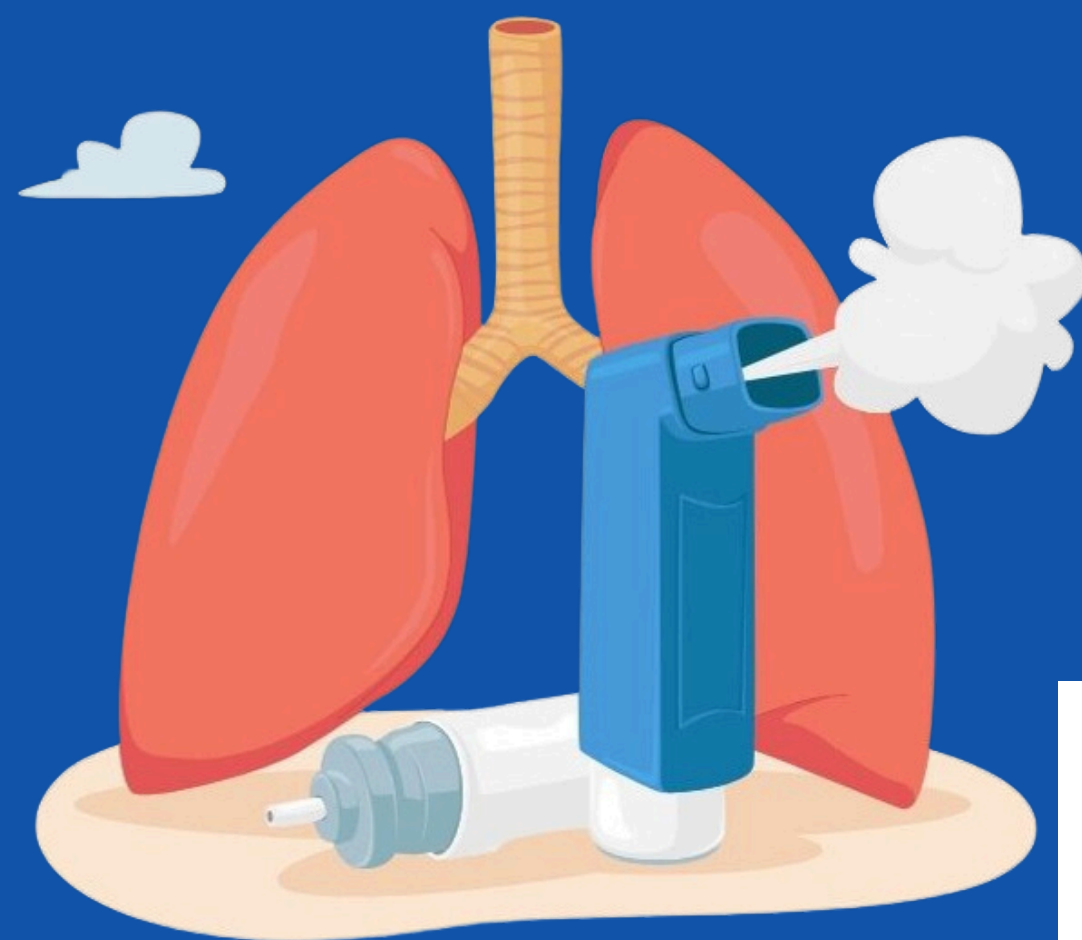
## IN CASE YOU DID NOT KNOW

In New Mexico, 1 in 10 adults have asthma and 1 in 13 children have asthma.

New Mexico Department of Health - <https://www.nmhealth.org/data/view/report/2836/>

## ASTHMA TRIGGERS

- Common cold/respiratory illness
- Vacuum cleaning
- Wood smoke, strong odors and sprays
- Outdoor Air Pollution
- Cold air
- Exercise
- Tobacco smoke
- Allergens:
  - Dust Mites
  - Pollen
  - Indoor mold
  - Outdoor mold
  - Cockroaches and Pests
  - Pet dander



Scan for more information about asthma and an asthma action plan worksheet →



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