



# Asthma relief is in the air

Asthma is a chronic lung disorder that makes it difficult to breathe. Symptoms include coughing, wheezing, shortness of breath, chest tightness and an overproduction of mucus.

Asthma can be a life-threatening condition if not properly managed.

### Common asthma triggers to watch for include:

- Infections in the airways
- Viral infections of the ear, nose, and throat
- Other infections (such as pneumonia)
- Things in the environment (outside or indoor air you breathe)
- Cigarette smoke
- Irritants in the air (air pollution)
- Cold air, dry air
- Sudden changes in the weather
- Allergens, pollens, mold and dust
- Animals
- Exercise
- Emotional stress

Source: American Lung Association; American Academy of Pediatrics



# October 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

If you suffer from asthma, online support is just a click away. Log on Blue Access® for Members and use the Personal Health Manager's Ask A Nurse feature for answers to your asthma questions.