May 2016

Coordinated Student Health Services
"Children need to learn to be healthy and be healthy to learn"
Marcia Bynoe, Director

May is National Allergy and Asthma Awareness Month

Asthma is one of the most common lifelong chronic diseases. There are over 25 million Americans living with asthma, Asthma is a disease affecting the Lungs causing repeated episodes of wheezing, shortness of breath, tightness in the chest and coughing.

Although asthma cannot be cured, it is possible to manage asthma successfully to reduce and prevent asthma attacks or episodes. Successful management of asthma includes recognizing your warning signs, avoiding you triggers and following the advice of your healthcare provider.

Food Allergy:

More than 50 million Americans have an allergy of some kind. Food allergies affect approximately 4-6% of children and 4% of adults. The body's immune system keeps you healthy by fighting off infections and other dangers to good health. A food allergy reaction occurs when your immune system overreacts to a food or a substance in a food, identifying it as a danger and triggering a protective response.

While any food can cause an adverse reaction, eight types of food account for 90% of all reactions:

Eggs
Milk
Peanuts
Tree Nuts
Fish
Shellfish
Wheat
Soy

The most severe reaction is anaphylaxis, a life-threatening allergic reaction that can impair breathing, cause a dangerous drop in blood pressure, and affect heart rate. Anaphylaxis can be fatal and must be treated promptly with an injection of epinephrine.

For additional information please click on the link below to access the American Lung Association course on Asthma Basics:
https://lung.training/training/

Common Asthma Triggers

Infection: The #1 trigger for asthma

Allergens: Animals, dust mites, cockroach, mold, pollen, food, and latex

Irritants: Smoke, dust, strong odors, and cold air

Behaviors: Emotions, smoking, and exercise

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