



'Tis the Season!

This time of year, all types of respiratory conditions may occur to you or your loved ones.

Asthma is a disease of the airways in the lungs. It can develop at any age, but is most common in childhood. People with asthma can have trouble breathing. Signs of an asthma attack may include:

Wheezing

Coughing

Sneezing

Naval Health Clinic Cherry Point recognizes the seriousness of asthma, and is dedicated to making asthma a “manageable” disease.



Individuals with asthma symptoms should see their family doctor or pediatrician. The doctor can determine how serious the asthma is, provide medications, and help the patient identify “triggers” to be avoided. Triggers are particles carried through the air that can be found both inside and outside the home.



An estimated 122,000 children less than 18 years in age have asthma.

Asthma affects more than 17 million Americans.

Asthma kills fifteen people every day.

Asthma accounts for 25% of school absenteeism.

Asthma can be a manageable disease.



Especially around the holidays, triggers may include items such as scented soaps or perfumes; cuddly stuffed toys; fresh Christmas trees; fruitcakes; and other foods.

Have a happy and asthma free holiday.

