



How Do Our Cities Rank For Asthma?

Each year the Asthma and Allergy Foundation of America ranks the 100 largest metropolitan areas to see which are the most challenging places to live if you have asthma.

The New Haven area ranked 11th for 2014, one place worse than the previous year. The Hartford area ranked 39th, improving two places.

The worst places to live with asthma are:

1. Richmond, VA
2. Memphis, TN
3. McAllen, TX
4. Oklahoma City
5. Philadelphia
6. Chattanooga, TN
7. Fresno, CA
8. Tulsa, OK
9. Chicago
10. Detroit

Get Serious About Asthma

Asthma is a serious, sometimes life-threatening chronic respiratory disease that affects the quality of life for almost 25 million Americans.

This includes an estimated 7 million children.

This long-term lung disease inflames and narrows the airways that carry air in and out of your lungs.

Asthma causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath and coughing.

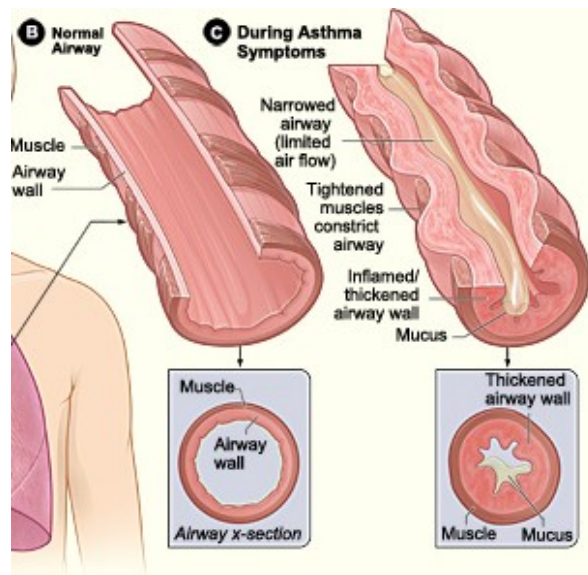
The coughing often occurs at night or early in the morning.

Sometimes asthma symptoms are mild and go away on their own or after

minimal treatment with asthma medicine. Other times, symptoms get worse.

Treating symptoms when you first notice them is important. This will help prevent symptoms from worsening and causing a severe attack.

Severe asthma attacks may require emergency



care, and they can be fatal.

Although there is no cure for asthma yet, it can be controlled through medical treatment and management of environmental triggers.

—National Heart, Lung, and Blood Institute

Why Do Symptoms Occur?

Many things can trigger or worsen asthma symptoms. Triggers may include:

- Allergens from dust, animal fur, cockroaches, mold, and pollens from trees, grasses and flowers
- Irritants such as cigarette smoke, air pollution, chemicals or dust in the workplace, compounds in home décor products and sprays (such as hairspray)
- Medicines such as aspirin or other anti-inflammatory drugs
- Sulfites in foods and drinks
- Viral upper respiratory infections, such as colds



- Physical activity, including exercise

Other health conditions can make asthma harder to manage.

These conditions include a runny nose, sinus infections, reflux disease, psychological stress and sleep apnea. They need treatment as part of an overall asthma care plan.

Asthma is different for each person. Some triggers listed above may not affect you. Others that do affect you may not be on the list.

Talk with your doctor about the things that seem to make your asthma worse.

How Can You Treat Asthma?

You can't prevent asthma. However, you can take steps to control the disease and prevent its symptoms.

For example:

- Learn about your asthma and ways to control it.
- Follow your written asthma action plan.
- Use medicines as your doctor prescribes.
- Identify and try to avoid things that make your asthma worse (asthma triggers).
- However, one trigger you should not avoid is physical activity. Physical activity is an important part of a healthy lifestyle. Talk with your doctor about medicines that can help you stay active.
- Keep track of your asthma symptoms and level of control.
- Get regular checkups for your asthma.

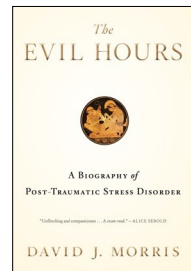


New Books at the Meriden Library

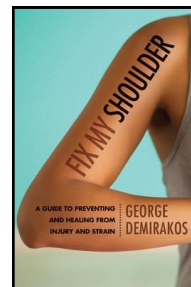
These health-related books can be found on the "New Books" shelves:



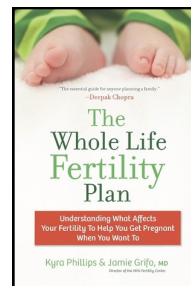
Men's Health Workout War: Lose Pounds, Gain Muscle, Destroy Your Opponents by Jim Cotta, 613.7 CO



The Evil Hours: A Biography of Post-Traumatic Stress Disorder by David J. Morris, 616.8521 MO



Fix My Shoulder: A Guide To Preventing and Healing From Injury and Strain by George Demirakos, 617.572 DE



The Whole Life Fertility Plan: Understanding What Affects Your Fertility To Help You Get Pregnant When You Want To by Kyra Phillips, 618.178 PH