

Breathe Easy



SPRING 2006

KEY POINTS

Be aware of your asthma triggers

Keep yourself healthy; see your doctor regularly

Follow your asthma action plan

Know when your asthma is getting out of control

Know what to do if your asthma is out of control

For more information on asthma call 1-888-437-0606 and ask for Disease Management or visit our website at www.hpmich.com

Any HPM member who has been diagnosed with Asthma is automatically enrolled in our Asthma Disease Management Program. If you do not wish to receive our newsletters and educational materials, please call 1-888-437-0606, ext. 1345.

Asthma and Tobacco Smoke

Do you have asthma and smoke? That's a bad combination. If the price of cigarettes doesn't discourage you from smoking, here are some facts that talk about the cost to your body and those around you.

Tobacco smoke (whether you inhale from your own cigarette or breathe in second-hand smoke) is bad for your health. When you have asthma, it can be even worse. Tobacco smoke is an irritant to the lungs. People with asthma who smoke or are exposed to second hand smoke are at a higher risk for asthma attacks because their airways are very sensitive.

Children are even more sensitive to smoke, because their airways are smaller. Tobacco smoke exposure is an important factor in your child developing asthma.

Some known health effects to people who breathe secondhand smoke are:

- They can have more frequent and more severe asthma attacks.
- They are more likely to get pneumonia, bronchitis, have breathing problems that don't get better, and poor lung function.

- They have more middle ear infections.
- Have an increased risk of cancer (especially lung and nasal sinus).
- Infants are at a higher risk for Sudden Infant Death Syndrome, the main cause of death in babies between one month and one year of age.

Tips to Protect People with Asthma from Tobacco Smoke:

- If you smoke, choose to quit.
- Don't smoke in your home, and don't allow others to.
- Don't smoke around children.
- Avoid smoke filled areas.
- Don't smoke in your car.

Do you want to quit smoking but need some help? Contact HPM at 1-888-437-0606 and ask about our Smoking Cessation program!

