

WELCOME TO ARAM

ARAM DISEASE MANAGEMENT OF
AMERICA

WHAT IS ASTHMA

ASTHMA

- Asthma is a condition of narrowing of the airways due to spasm
- Many conditions can trigger asthma
- These include allergens, pollens, pollution, smoke, cold air or strong smells

SYMPTOMS OF ASTHMA

- Commonest symptom of asthma is shortness of breath
- Second commonest symptom is wheezing
- Sometimes asthma may present as cough and wheezing
- At times cough may be the only symptom of asthma

ASTHMA POSSIBLE CAUSES

Allergens such as pollens, dust, mold, products of bed bugs, pollution, smoke, cold air or strong smells can all cause asthma.

To control asthma well we will need to control all these factors.

FAMILY HISTORY OF ASTHMA

- SOME PATIENTS MAY HAVE A FAMILY HISTORY OF ASTHMA.
- THERE IS A WEAK GENETIC COMPONENT AND THE ASTHMA IN THE FAMILY MAY BE MORE RELATED TO SHARING THE SAME ENVIRONMENTAL FACTORS.

ARE YOU GETTING THE RIGHT CARE FOR ASTHMA

- A SURVEY OF MEDICAL GROUPS BY THE UNIVERSITY OF CALIFORNIA HAS SHOWN THAT ONLY 11% OF MEDICAL GROUPS HAVE BEEN FOUND TO SCORE IN THE TOP QUARTILE FOR 4 TO 6 PERFORMANCE PARAMETERS.
- THIS MEANS YOU HAVE ONLY 1 IN 10 CHANCE OF GETTING CARE FROM A GROUP THAT PROVIDES BEST POSSIBLE CARE.

YOU NEED TO TAKE CHARGE

- IF YOU NEED TO LIVE A HEALTHY LIFE YOU NEED TO TAKE CHARGE OF THE SITUATION
 - UNDERSTAND ASTHMA
 - UNDERSTAND MEDICATION USED FOR ASTHMA
 - UNDERSTAND COMPLICATINS OF ASTHMA ND HOW TO AVOID THEMLEARN HOW TO IDENTIFY AND ADDRESS COMPLICATIONS OF ASTHMA EARLY.

TRIGGERS FOR ASTHMA

- DUST
- POLLEN
- HUMIDITY
- SMOKE
- HOT WEATHER
- BED MITE
- MOLDS

MINIMIZE EXPOSURE TO TRIGGERS

- Keep the windows in the home and car closed. A good rain for four to six hours cleans the air of impurities and you may open the windows after such a rain.
- Avoid going out on a day that is hot or humid or high pollen count. You can find about these days from the television, newspaper or internet.

**THANKS
ARAM**