



ALEXIAN BROTHERS

St. Alexius Medical Center

ASTHMA EDUCATION NEWSLETTER

Volume 2, Issue 2

April 2009

UPCOMING ASTHMA CLASSES AT SAMC

***April 16, 2009**

“ASTHMA: FACT, MYTH, AND MANAGEMENT”

4TH FLOOR

CONFERENCE

CENTER

7 PM

CALL TO RSVP:

(847) 843-2000

X 5391

UPCOMING NEWSLETTER TOPICS

***Triggers**

***Peak flows**

***Environmental Controls**

***Special Topics in Asthma management**

***And much more!**

What is an Asthma Emergency?

Asthma attacks can be sudden and life threatening. It is time to call an ambulance if you are experiencing the following symptoms:

*Shortness of breath or wheezing that doesn't improve when you take your rescue inhaler²

*You are unable to speak¹

*You are bracing yourself with your arms in order to breathe easier

*You have gray or blue fingertips, nail beds, or lips¹

*Peak flows are in the red zone or you are unable to perform a peak flow²

If you are experiencing any of these symptoms, call an ambulance immediately. Never drive yourself to the hospital if you are

having an Asthma attack! Calling the paramedics is a much safer choice.

While waiting for the paramedics to come, stay calm and try to take slow easy breaths. Stress and strong emotions can make your Asthma attack worse.²

Follow your Asthma action plan that was put in place by your doctor, and give a copy to the paramedics. Be sure to tell them of all medications you are currently taking including medications that are for other medical problems.²

When taking care of an Asthmatic child, it is especially important to be able to identify Asthma emergency symptoms because kids can't always explain how they are feeling. With kids, you may notice "retractions" or "sucking in" of the child's stomach when she

breathes. They may also look tired or lethargic. They may be unable to speak, and have flaring of the nostrils. If you notice these symptoms, or if the child is turning blue around the fingertips or lips, you should call an ambulance right away.²

Never delay Asthma treatment. Asthma attacks can get progressively worse, so early intervention is key.¹ If you aren't sure if your attack warrants an ER visit, contact your doctor or go to the emergency room anyway. When in doubt, get it checked out!

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Asthma Awareness Month Special Event!

The Schaumburg Flyers baseball team along with the St. Alexius Medical Center's Asthma Education Team invite you to participate in celebrating the month of May as Asthma Awareness month!

Join us by purchasing tickets to opening day at Alexian Field on Friday, May 22 at 6:45pm for a reduced rate of \$9 per ticket. During the game stop by the Asthma

Asthma awareness table and visit with the Asthma educator. Don't forget to stay after the game for a spectacular post game fireworks show! *This event is peanut free*.



Tickets may be ordered by phone at (847) 891-2255 x136 and mention "Asthma awareness" for your discount.

Tickets may also be ordered online at www.flyersbaseball.com by entering discount code AET522 .

We hope to see you at the game!

1 http://www.nhlbi.nih.gov/health/dci/Diseases/Asthma/Asthma_KeyPoints.html

2 <http://www.breatherville.org/health-topics/dealing-with-emergencies/>