

Gadsden I.S.D.

Positive Health Positive Pulse

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May your troubles be LESS
and
your Blessings be MORE
and
Nothing but HAPPINESS

Come through
Your door!

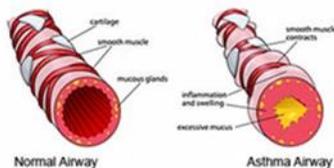
Asthma



*The answer, my friend, is blowin' in
the wind . . . Bob Dylan*

Asthma is a chronic lung disease which causes the airways (carry air into and out of the lungs) to become inflamed or swell and produce thick mucus. The muscles surrounding the airways will also tighten, making the already blocked airway narrower. This makes it hard to move air in and out of the lungs, making breathing difficult.

Swollen airways become super sensitive to items in the environment, these are called triggers. When a trigger is breathed in, the airways create extra mucus and swell more, making breathing more difficult.



Triggers:

- ✿ Pollen
- ✿ Cold weather
- ✿ Airborne particles (smoke, blowing dirt, pecan dust)
- ✿ Air pollution
- ✿ Tobacco smoke
- ✿ Allergens (pollen, mold, animal dander, dust mites, cockroaches)

Symptoms of asthma:

- 👉 Coughing
- 👉 Wheezing
- 👉 Shortness of breath
- 👉 Tightness or pain in the chest

Facts:

- 👤 1 in 11 Children have asthma
- 👤 1 in 12 Adults have asthma
- 👤 26 million Americans has asthma
- 👤 In the last decade the number of those diagnosed with asthma has increased 15%

<https://www.cdc.gov/asthma/info.html>

<http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/>



Asthma Classifications	Signs and Symptoms
Mild Intermittent	Mild symptoms up to two days a week and up to two nights a month
Mild Persistent	Symptoms more than twice a week, but no more than once in a single day
Moderate Persistent	Symptoms once a day and more than one night a week
Severe persistent	Symptoms throughout the day on most days and frequently at night

Treatment:

The medication your Primary Care Provider (PCP) prescribes depends on numerous items; such as, age; symptoms, triggers, and what works best. Long term control medication help prevent asthma flare-ups; while, shorting acting medication provides quick relief. It is important to maintain a record of the number of "puffs" used weekly from the short-term quick relief inhaler. If it is needed more often than the PCP recommends, see your PCP, the long-term control medication probably needs to be adjusted.

Quick-relief (rescue) medications or inhalers (bronchodilators) open the swollen airways within minutes and are used as needed for rapid, short-term symptom relief during an asthma attack or before exercise. These may be taken using an inhaler or nebulizer. Examples include: albuterol (ProAir HFA, Ventolin HFA + others) and levalbuterol (Xopenex)

Long-term asthma control medications – are anti-inflammatory medication and are usually taken every day, help keep the asthma under control on a day to day basis and reduce asthma attacks. Examples of these include:

- ✿ Inhaled corticosteroids, such as: fluticasone or Flonase, Flovent HFA; budesonide (Pulmicort); beclomethasone (Qvar) and more.
- ✿ Leukotriene modifiers, examples include: montelukast (Singulair); zileuton (Zyflo) + more
- ✿ Long acting beta agonists reduce inflammation in the airways. Examples include: salmeterol (Serevent); formoterol (Foradil, Perforomist).

There are other medications that may be inhaled, taken orally or administered IV that may be needed to relieve inflammation caused by severe asthma.



Nutrition Corner



Traditional Irish Stew

- ✿ 2 large onions
- ✿ 4 large Carrots
- ✿ ½ stewing steak or lamb
- ✿ 8 large potatoes
- ✿ Salt & pepper (personal preference)

Wash and peel the potatoes, carrots and onions. Cut the vegetables into chunks to fit your taste. Slice the meat into smaller pieces. Add the meat and potatoes to the pot, cover with water. Heat until boiling then add the carrots and onions. Place on a low boil and stir periodically until the vegetables are cooked. Serve HOT and with

Irish Soda Bread

Preheat oven to 425 °F, Bake for 20 – 30 minutes

- ✿ 2 lb of plain flour
- ✿ 1 tsp of salt
- ✿ 1 tsp of baking soda
- ✿ 1 pint of buttermilk (can be made by adding 1 tsp of lemon juice to 1 pint of whole milk).

Add the flour, salt and soda to a bowl. Mix dry. Add enough buttermilk to soften the dough.

Place the dough on a lightly floured cutting board, knead lightly and shape into a round loaf.

Carefully use a knife to cut a cross shape on the top. Bake

