



FOR IMMEDIATE RELEASE

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### **Southeastern District Health Department Supports National Asthma Awareness Month**

**POCATELLO, IDAHO** – The burden of asthma on individuals and families around Idaho is far greater than it should be, according to experts on the respiratory illness that affects more than 7.3% Idaho adults age 18 and older.

In an attempt to curb these statistics, the month of May has been slated as National Asthma Awareness Month. Health organizations around Idaho have been directing the attention of both patients and physicians to the need for better treatment and control of the disease. On Saturday, May 5, 2007, the Southeast Idaho Asthma Coalition will be sponsoring free asthma screenings and pulmonary function tests at the Pocatello Fred Meyer Pharmacy, 800 Yellowstone Avenue from 10 a.m. – 12 p.m. Testing will be conducted on a first come-first serve basis. Dr. David Parry, Asthma and Allergy Physician Specialist, and Bill Andreason, Portneuf Medical Center's Respiratory Therapist, will be administering tests and interpreting results. All interested community members are encouraged to attend and is free to all who participate.

Also on Saturday, May 5th, community members are welcome to attend an "Asthma & Allergy Essentials" workshop presented by Pocatello's Asthma & Allergy Physician Specialist, Dr. David Parry. This presentation will take place from 1 p.m. to 2 p.m. at the Marshall Public Library located at 113 S. Garfield. Workshop participants will learn signs and symptoms of asthma, environmental control measures to prevent episodes, and proper uses of medications and asthma management tools.

#### **Asthma Facts:**

Asthma is characterized by inflammation and spasm of the air passages resulting in narrowing of the airways that transport air from the nose and mouth to the lungs. Asthma symptoms can be caused by allergens or irritants that are inhaled into the lungs, resulting in inflamed, clogged and constricted airways. Other triggers include virus colds, exercise, weather changes and emotional stress. Symptoms include difficulty breathing, wheezing, coughing, and tightness in the chest. In severe cases, asthma can be deadly.

There is no cure for asthma, but asthma can be managed with proper prevention and treatment.

Asthma is the most common chronic condition among children.

Asthma is the #1 cause of school absenteeism among children, accounting for more than 14 million total missed days of school.

Contact Traci Lambson at the Southeastern District Health Department, 478-6316 for more information on this event. If there is no answer, please leave a message.

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