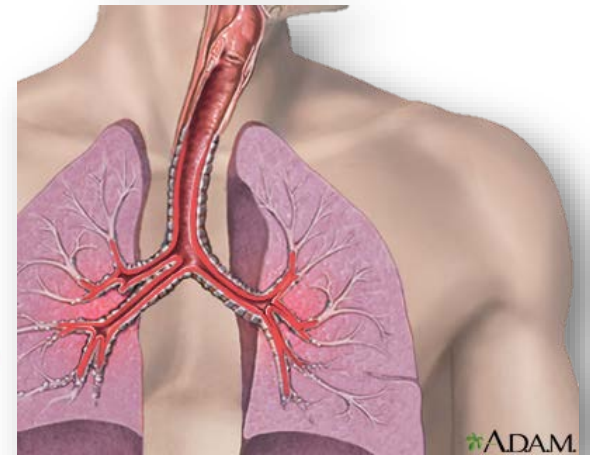


Asthma and COPD Management



Health Promotion and Education Program

Objetivos

- Identify at least 3 asthma triggers.
- Mention at least 2 prevention measures for asthma control.
- Mention at least 2 risk factors for Chronic Obstructive Pulmonary Disease (COPD).
- Identify at least 3 recommendations to control COPD.

Preprueba

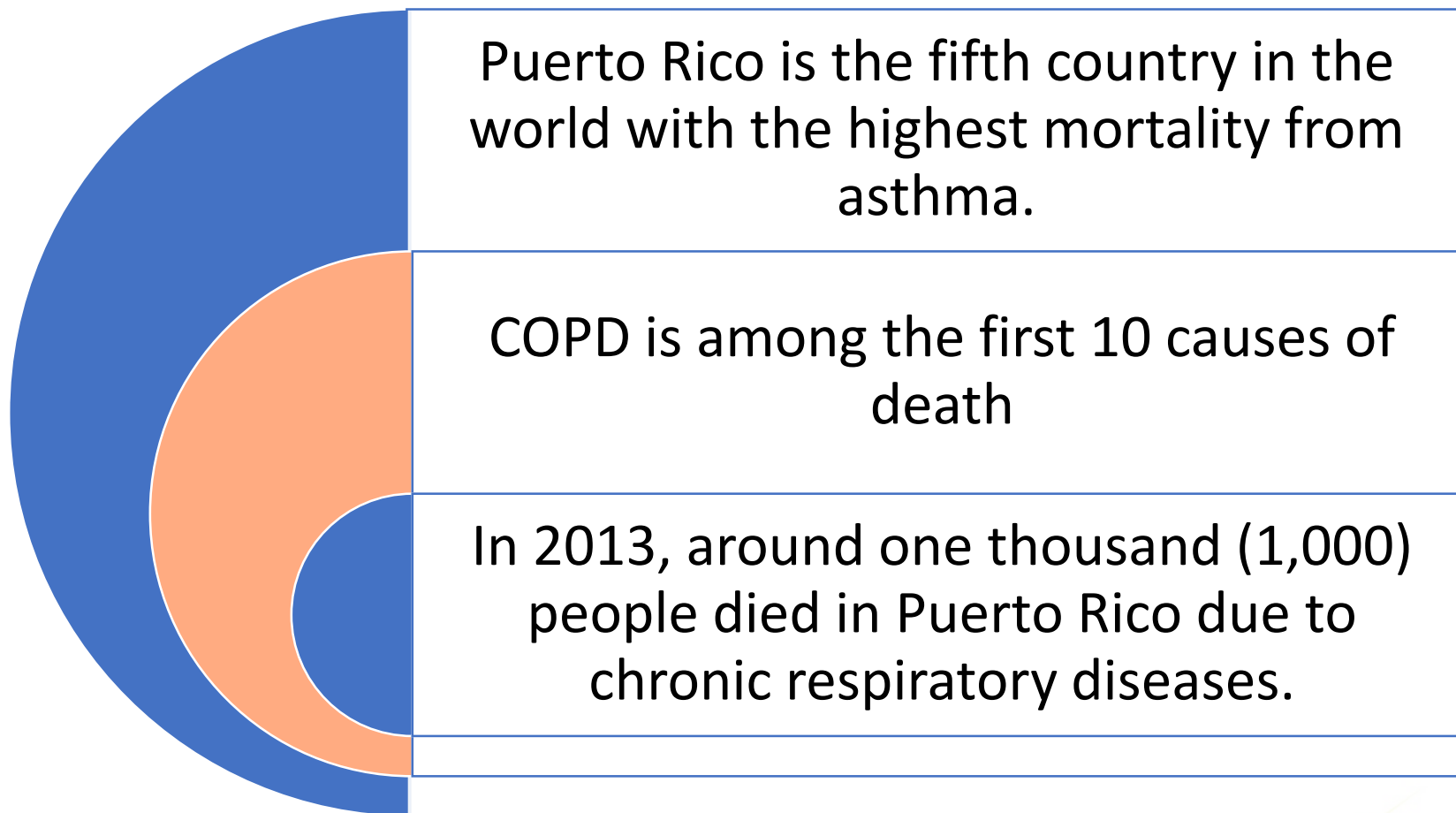
1. Some triggers of asthma are:
 - a. Dust, fungi, animal hair, cigarette smoke
 - b. Water, the sun, visit the doctor

2. Two possible symptoms of an asthma attack are:
 - a. Feeling tired in the legs and cramps
 - b. Feel tight chest and whistle

Preprueba

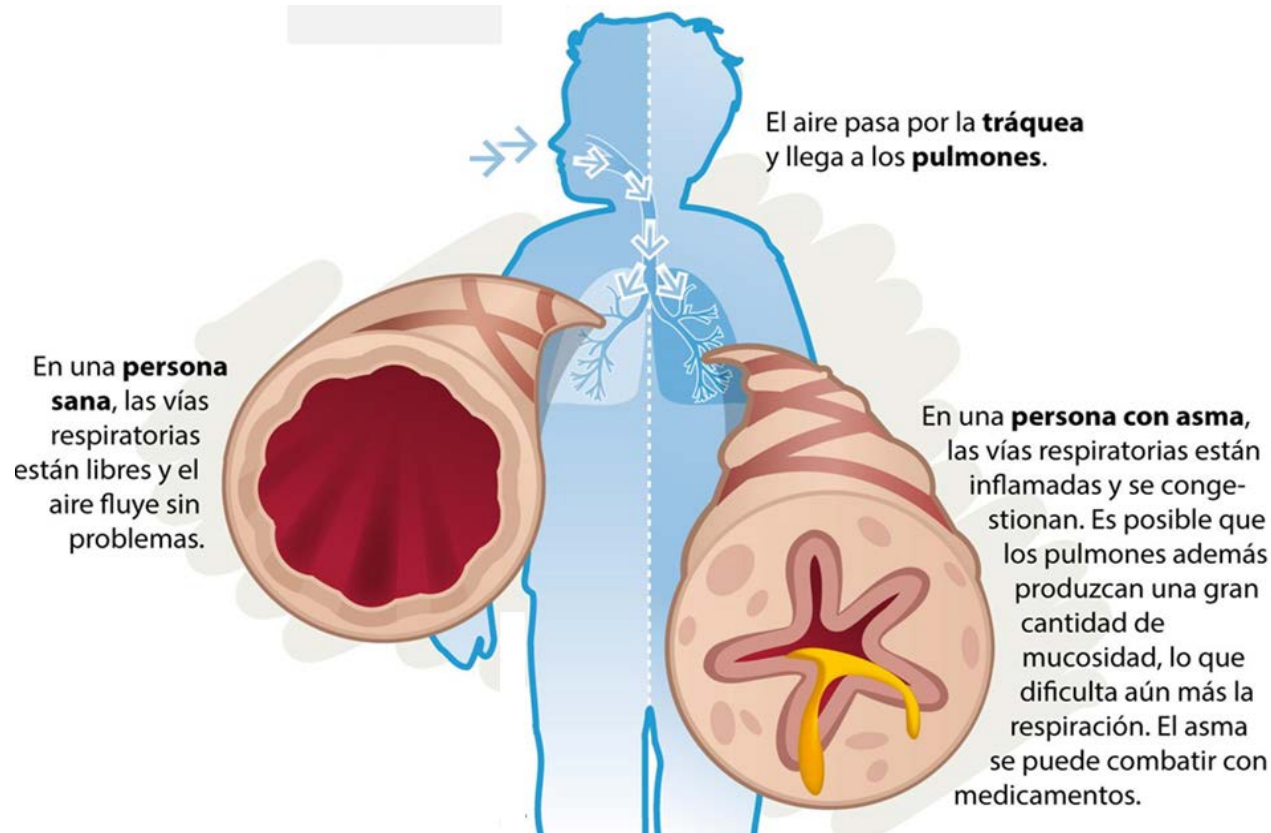
3. Some common risk factors for COPD are:
 - a. Environmental pollution and smoking
 - b. Share with friends and family
4. Two recommendations to control COPD are:
 - a. Go outside when pollution levels are high and sometimes take medications
 - b. Avoid exposure to irritating vapors and cigarette smoke.

Statistical data

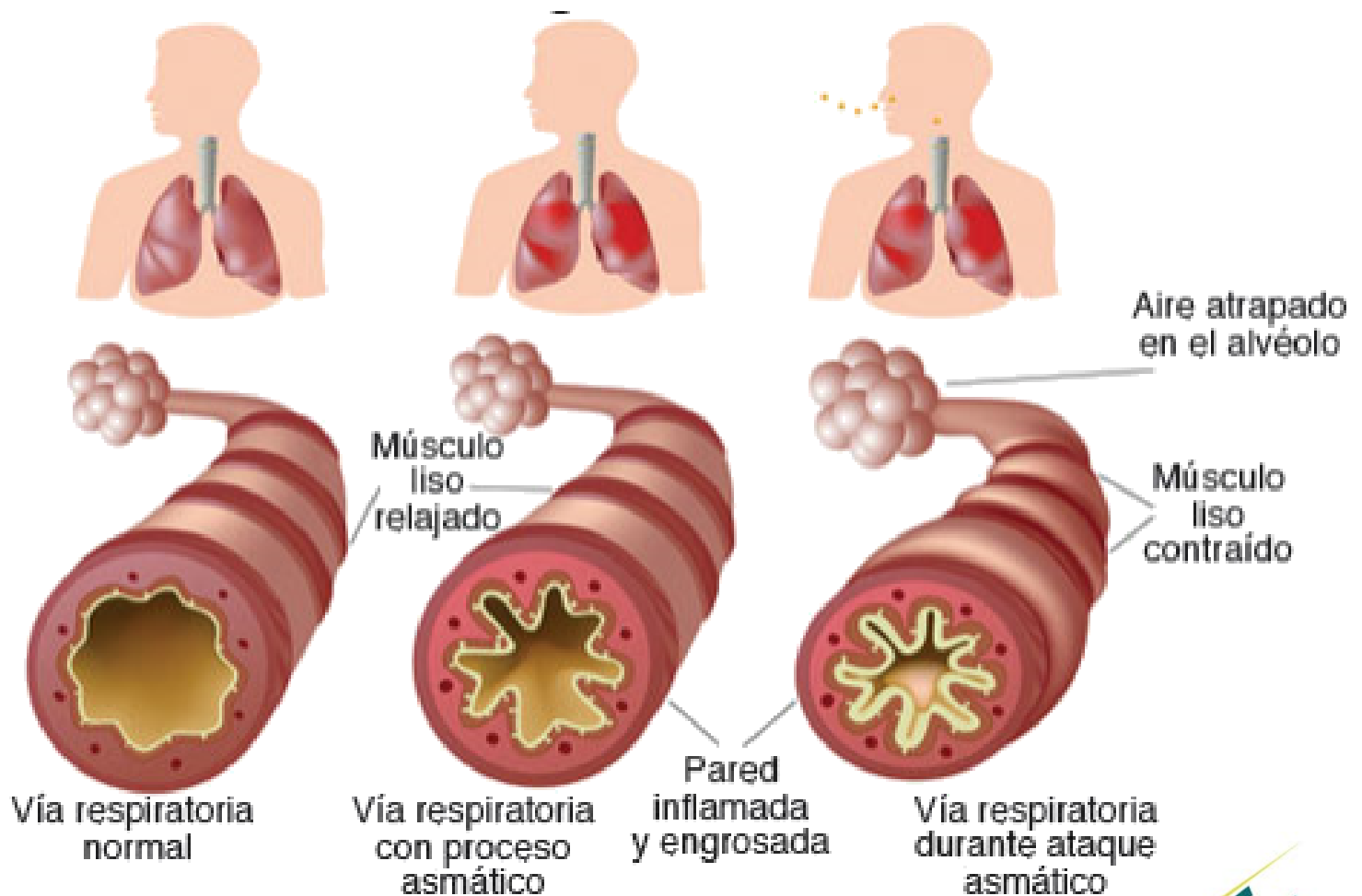


What is Asthma?

Chronic disease where the airways are blocked preventing the passage of air.



Asthma Pathology



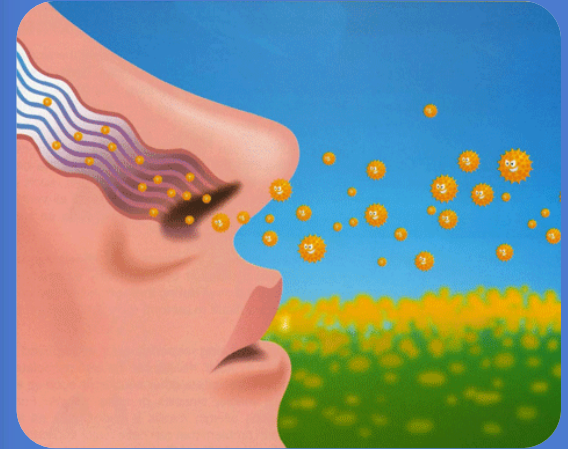
Risk Factors



Familiar History



**Allergen, Mites,
Dandruff or pet hair,
Home insects**



Changes in the environment

**Cold, wet,
pollen increase,
mold or mildew**

Risk Factors



Emotional stress
Laughter, crying



Food Additives
Seafood, Meats, Drinks

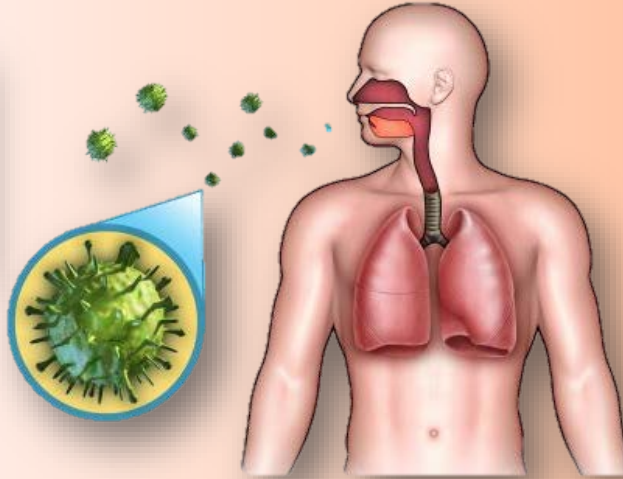


Chemical products
pollution
Tobacco, cleaning
products, chlorine,
strong odors

Risk Factors



**Medications,
Aspirins**



**Viral respiratory
infections**



Intense exercise

Warning signs



**The
most
common
can be:**

- Itchy throat.
- Feeling tight chest.
- Dark circles, nails or lips turn blue or purple.
- Persistent sneezing
- Difficulty breathing (choking sensation)
- Presence of a whistle (whistle) in the chest.
- Frequent cough, especially at night.

Warning signs

The most common can be:

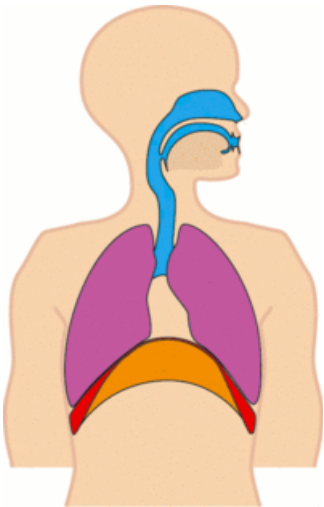
→ Sweating, anxiety and chest pain when breathe.

→ He has a hard time lying down.

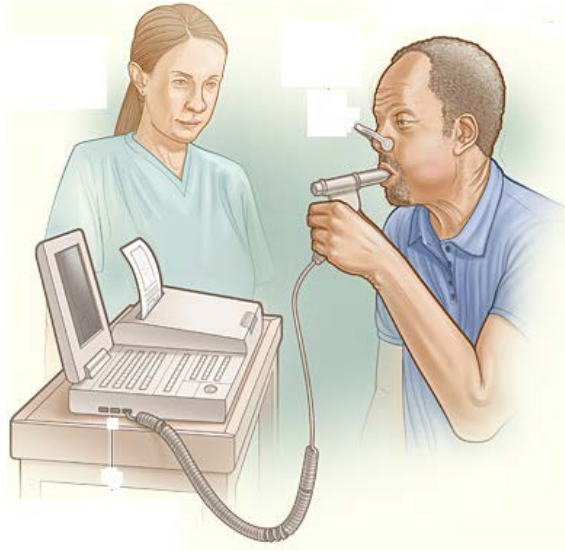
→ Shorter and faster breathing.

→ Difficulty speaking.

→ Accelerated heart rate.



Diagnostic tests for asthma



Spirometry

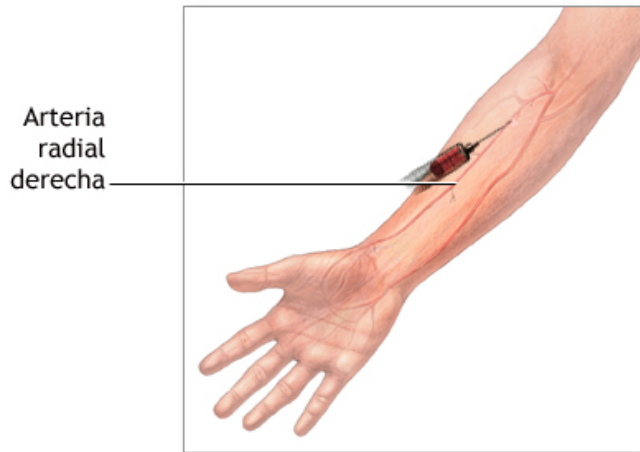
It consists of breathing through the mouth through a small tube, and forcing the breath to measure the air flow.



Allergy detection

It involves applying a small amount of substance that may be causing your symptoms on the skin, often on the forearm, upper arm or back.

Diagnostic tests for asthma



ADAM.

Arterial gases

Measurement of the amount of oxygen and carbon dioxide present in the blood. This test also determines the acidity (pH) of the blood.



Chest x-ray or an electrocardiogram

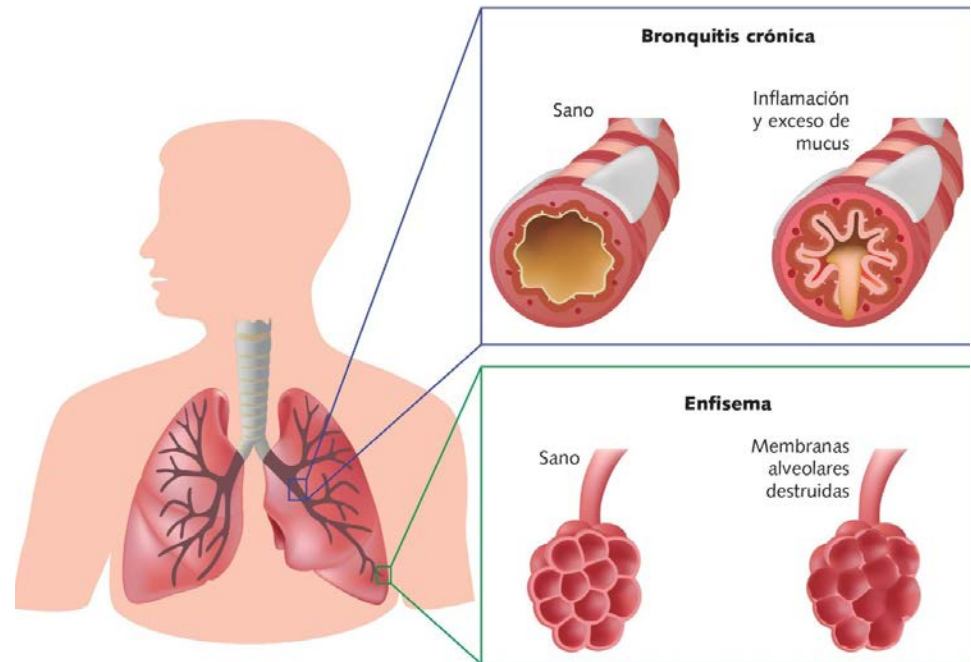
It reveals hyper-inflation of the lungs, presence of fluid (pulmonary edema) or tachycardia.

Chronic Obstructive Pulmonary Disease (COPD)

Chronic inflammatory disease of the lung that causes obstruction of the passage of air to the lungs.

COPD includes:

- Asthma
- Emphysema
- Chronic Bronchitis



Chronic Bronchitis

- It is characterized by excessive cough with mucus

Bronquios normales

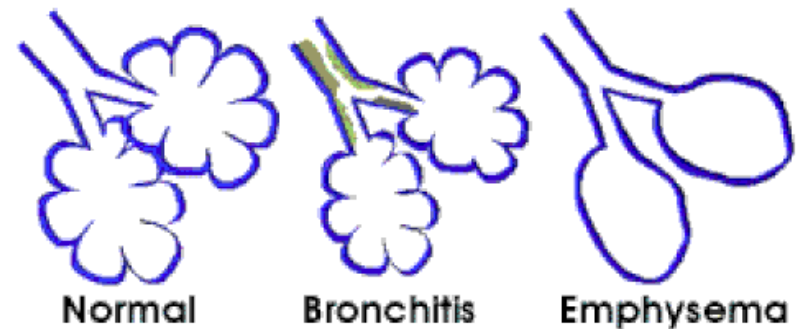
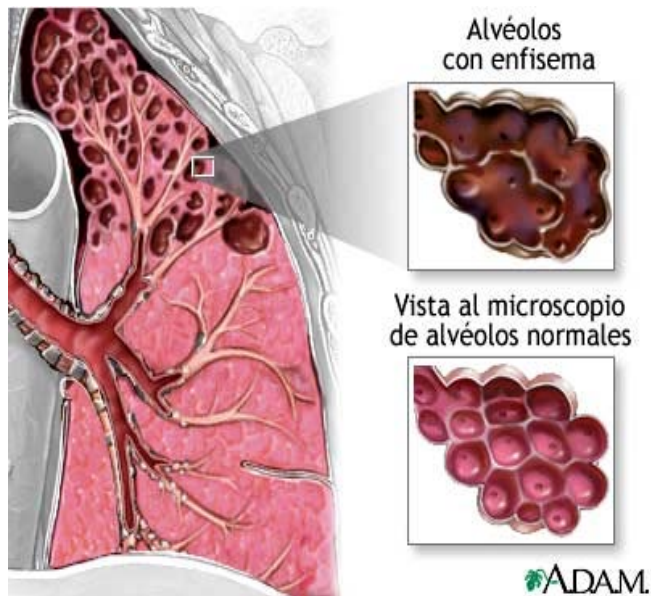


Bronquitis



Emphysema

- It happens when the alveoli (air sacs) deform and can not hold the air.
- As a consequence, the body does not receive the oxygen it needs.



Risk factor's

- Cigarette smoke (secondhand smoke).
- Genetic, environmental and occupational factors.
- Air pollution.
- Occupational exposure (chemicals, vapors, irritants and gases).
- Cooking on charcoal or fire.
- Respiratory infections

Síntomas

Some of the most common symptoms are

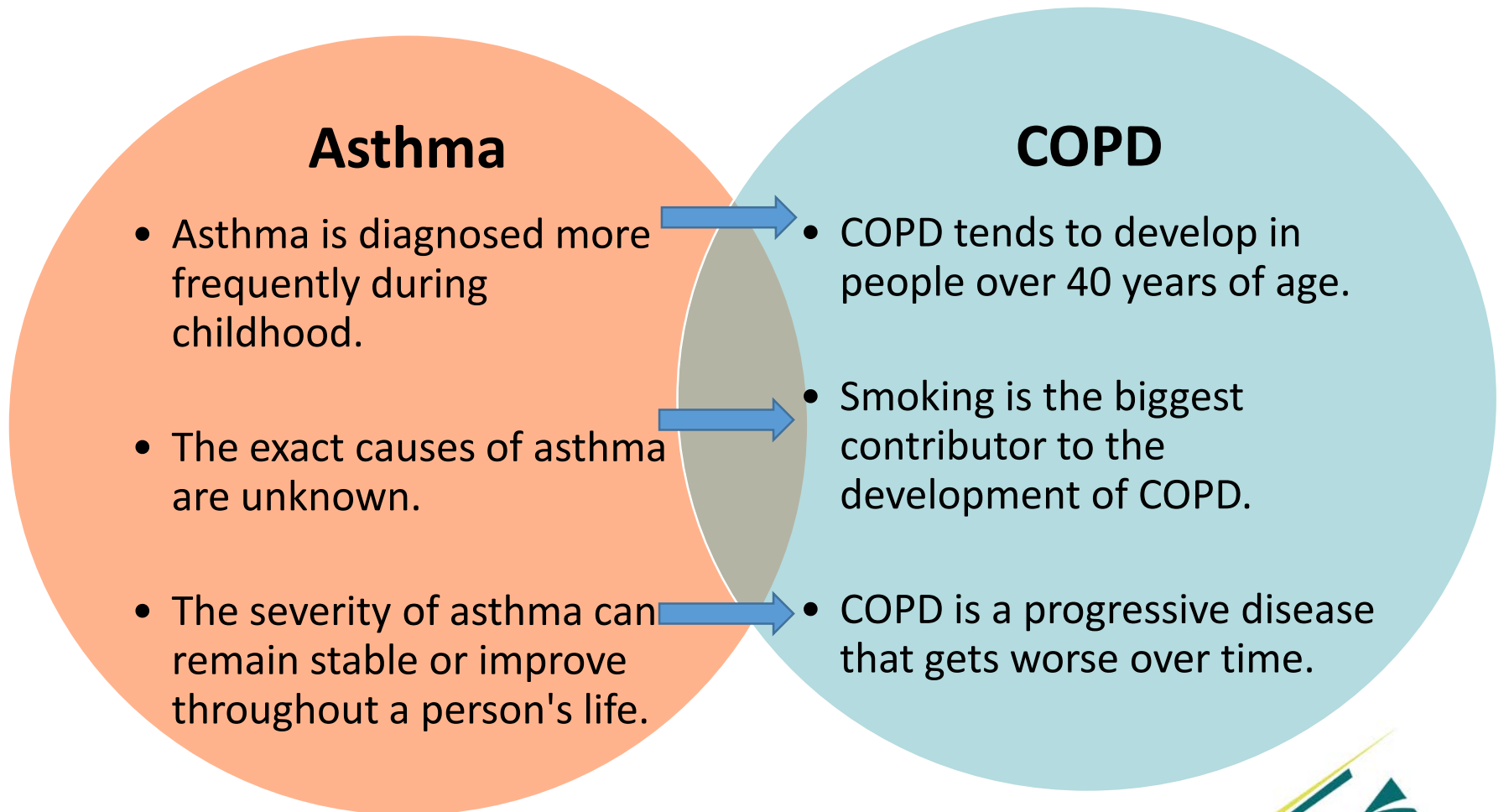
- Cough with or without mucus
- Fatigue
- Recurrent respiratory infections
- Respiratory difficulty (dyspnea) that worsens with mild activity
- Difficulty to take air
- Wheezing

COPD Diagnostic

- **Espirometry** – Test that measures the volume and flow of air that enters and leaves the lungs. Through this test, the presence of COPD is diagnosed and confirmed.
- **Chest plate**– X-ray of the chest where images of structures inside the chest, such as the lungs, are obtained. The images taken may show signs of COPD.



What is the difference?



Environmental control

- Use plastic liners on your mattress and pillow.
- Wash the sheets, covers and bedspreads either in hot water in the washing machine or use a weekly dryer.
- Avoid carpets.
- Limit the use of chemical products such as detergents and insecticides.

Use of medications

- Know the type and function of your medications.
- Always have all your medications available.
- Take them as directed by your doctor, even when the symptoms improve.
- Avoid discontinuing medications or making changes in doses without consulting your doctor.

Importance of infection control

- Avoid exposing yourself to polluting factors.
- Wash your hands frequently.
- Avoid touching your hands, nose, eyes and mouth.
- Get enough rest; stay hydrated.
- Avoid exposure of the triggers of your allergy.
- Get vaccinated against Influenza and pneumonia



Get vaccinated against Influenza!

- The best way to prevent Influenza is to get vaccinated every year.
- The influenza vaccination season begins in August.
- If you can not get vaccinated, the best way to prevent Influenza is to stay away from sick people and practice protection and hygiene measures, such as washing hands and avoiding coughing and sneezing.



Avoid contagion and take care!

Emergency plan

- Have emergency numbers and family members available.
- Ask your relatives to call you daily at the same time, to verify that you are well.
- Ask your doctor what you should do when symptoms start.



Recommendations for healthy life

- Avoid being outdoors on days when pollution levels are high.
- Do not smoke.
- Maintain a healthy weight.
- Have exercised safely.
- Get vaccinated against the flu every year.

Feeling good is priceless



To attract what we want to our life, we must take into consideration how we feel with our...

- Health**
- Relations**
- Belongings**
- Life**
- Ourselves**

Remember, feeling good is a reflection of good decisions in all areas of our lives.

Preprueba

1. Some triggers of asthma are:
 - a. Dust, fungi, animal hair, cigarette smoke
 - b. Water, the sun, visit the doctor

2. Two possible symptoms of an asthma attack are:
 - a. Feeling tired in the legs and cramps
 - b. Feel tight chest and whistle

Preprueba

3. Some common risk factors for COPD are:
 - a. Environmental pollution and smoking
 - b. Share with friends and family
4. Two recommendations to control COPD are:
 - a. Go outside when pollution levels are high and sometimes take medications
 - b. Avoid exposure to irritating vapors and cigarette smoke.

Correct Answers

1. Some triggers of asthma are:
 - a. **Dust, fungi, animal hair, cigarette smoke**
2. Two possible symptoms of an asthma attack are:
 - b. **Feel tight chest and whistle**
3. Some common risk factors for COPD are:
 - a. **Environmental pollution and smoking**
4. Two recommendations to control COPD are:
 - b. **Avoid exposure to irritating vapors and cigarette smoke.**

Where to look for help?

**Departamento de Salud
Mental Integrada**

Línea de Acceso al Afiliado

7 días a la semana, 24 horas al día

1-877-721-7722



MMM | PMC
Haciendo Contacto

For an immediate health consultation,
call

MMM: 1-866-677-7779 (free of charge)

PMC: 1-866-516-7704 (free of charge)

1-866-690-7771 TTY (audio-impaired)

References

- American Heart Association. ¿Qué es la insuficiencia cardiaca? 2015. <http://es.heart.org>
- Guidelines for a Low Sodium Diet. http://www.ucsfhealth.org/education/guidelines_for_a_low_sodium_diet/
- Tendencias de Salud PR: BRFSS <http://www.estadisticas.pr>
- ¿Por qué debo limitar el sodio? 2016. <http://es.heart.org>