



What You Should Know About: **Asthma Control and You**

Be Your Own Health Advocate!

Use your Medicaid benefits to help you stay healthy.

These Medicaid benefits can help you keep your asthma well controlled:

- **Medical visits**, so you can talk with your health care provider about how you are feeling and make an Asthma Action Plan.
- **Medications and inhalers** to help control your asthma symptoms.
- **Home asthma visits**, if ordered by your health care provider, to help you identify triggers and reinforce asthma self-management skills.
- **Asthma Self-Management Education services** provided by licensed and certified providers, to help you learn the steps to manage your asthma.

If you have questions about using your benefits, call the phone number listed on your Medicaid card.

UNDERSTANDING ASTHMA

Did you know...?

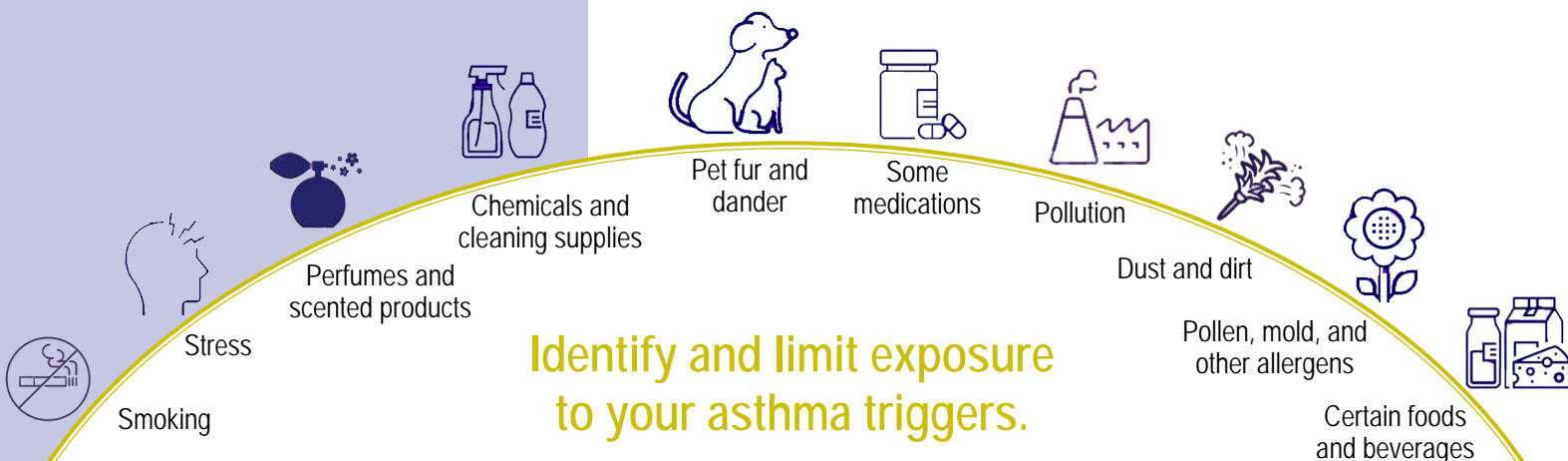
- Asthma is a long-term disease that affects the lungs.
- Asthma causes your airways to become inflamed and narrow, which makes it hard to breathe.
- Common asthma triggers include smoke, pets with fur or feathers, dust, mold, and certain chemical products. Asthma triggers are different for each person.
- When triggers such as smoke, dust, or mold enter your airways, they can cause an asthma attack. During an attack your chest may feel tight, you may cough or wheeze, and you may find it hard to breathe.
- Asthma that is not well controlled can limit how well you feel. It can also become life-threatening if it causes severe shortness of breath.
- Although there is no cure, you can take steps to manage your asthma! People who have asthma can live a healthy and active life.
- In New York State, an estimated 1 in 10 adults (1.65 million adults) and 1 in 12 children (nearly 360,000 children) have asthma.¹

MANAGING ASTHMA

What can you do?

- Schedule and keep regular visits with your health care provider.
- Ask your health care provider to make an Asthma Action Plan* with you. Use the plan to monitor your symptoms and control your asthma.
- Follow your health care provider's instructions to take your medication and use your inhaler. Follow these instructions to control your asthma symptoms, even if you are feeling well.
- Know and limit exposure to your asthma triggers.*
- Take steps to reduce triggers in your home.
- Ask your health care provider about Asthma Self-Management Education and whether you qualify for home asthma visits.
- If your child has asthma, make a plan with your child's health care provider and school staff to manage asthma at school.*

1. https://www.health.ny.gov/statistics/ny_asthma



Identify and limit exposure to your asthma triggers.

*Use the Asthma Action Plan, Asthma Trigger Tracker, and School Guide resources at <https://health.ny.gov/diseases/asthma/brochures>