



Asthma In West Virginia

West Virginia Asthma Facts

In 2009, approximately 12% of West Virginia adults and 13% of West Virginia children have at some point been diagnosed with asthma by a health care professional. An estimated 8.8% (126,000) of adults and 8.5% (32,000) of children in West Virginia currently have asthma.¹

Although asthma is a controllable condition, many West Virginians with asthma experience complications that result in ER visits and hospitalization. These acute care visits are often preventable, yet they cost West Virginians millions of dollars each year.

In West Virginia:

- In 2008, it was reported that nearly 20% of adults with asthma visited an emergency room because of their asthma¹.
- There were 2,745 hospitalizations for asthma in 2008. Charges for these hospitalizations totaled almost \$26 million².
- Medicare, Medicaid, or other government programs were charged for 63% of the asthma hospitalizations in 2008.²

Addressing Asthma In West Virginia

The West Virginia Asthma Education and Prevention Program (WV-AEPP) and our network of partners from the West Virginia Asthma Coalition and the American Lung Association of West Virginia are dedicated to the goal of reducing the burden of asthma to the citizens of our state. If you would like to learn more about our asthma programs, contact WV-AEPP at (304) 558-0644 or www.wvasthma.org.

MANAGING YOUR ASTHMA

It is important to remember that your asthma can be controlled so that you can be healthy and active.

Here are some tips:

- > **Identify and avoid the triggers that can cause your asthma symptoms or attacks.** Common asthma triggers include dust mites, pet dander, mold, tobacco smoke, wood smoke, and exercise.
- > **Ask your doctor about developing an asthma action plan.** This tool helps to identify worsening asthma symptoms and outlines treatment as recommended by your physician.
- > **Tell you doctor about all of the medications you are taking.** Some asthma medications may make other health conditions worse, and some other medications may make your asthma worse.
- > **Be patient and honest with your doctor.** Sometimes it is difficult for doctors to determine whether lung and breathing problems in older people are due to asthma, other lung conditions such as bronchitis and emphysema, or heart disease. It may take time to find the best treatment for you.

