

It's MAY, Let's talk about Asthma

Facts About Asthma

- Individuals aged 65 years and older is increasingly being victims worldwide
- The burden of asthma is more significant in the elderly than in their younger counterparts
- Regard to mortality, hospitalization, medical costs or health-related quality of life



Prevent Asthma



Know your asthma triggers and minimize contact with them.

- Stress
- Exercise
- Dust
- Pollution
- Chemical fumes
- Smoke

Take your asthma medications as prescribed.

- Inhaler
- Nebulizers
- Oral Medication

Track your asthma and recognize early signs.

- Feeling tired, easily upset, grouchy, or moody
- Trouble sleeping with nighttime asthma
- Frequent cough, especially at night
- Losing your breath easily or shortness of breath



You Are Invited!!!

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BBC Meetings:

UPDATE!!! We will have all our Better Breathers Club Meetings at one centralized location from now on. We regret to inform you that we won't be having any meetings at Palo Alto and Morgan Hill.

We would love to invite you all for the upcoming meeting at San Jose.

A look ahead: BBC Meetings

San Jose: Last Friday of every month

Breathe California office - [1469 Park Ave, San Jose 95126](#)

Friday, May 27th, 2016

10:00 am to 11:00 am

For more questions, please contact: nidhi@lungsrus.org or 408-998-5865