

Asthma

Building a Healthy Boston with the Boston Public Health Commission

Effective January 1, 2024: Asthma medication Flovent was discontinued December 31, 2023.

Replacement medications are available. Please reach out to your healthcare provider as soon as possible about a replacement medication.

BOSTON PUBLIC HEALTH COMMISSION



Asthma is a serious and long-term disease that causes inflammation and swelling of the airways leading to your lungs. Airways become too narrow for you to breathe in and out comfortably.

Nearly 26 million people in the U.S. have asthma.

50% of children with asthma have uncontrolled asthma.



In 2021, more than 13% of adults in Boston reported having asthma. Black, Latinx, and Asian residents are impacted more than white residents.

Asthma attacks are caused by "triggers." Different people have different triggers.

Common triggers are:

- Allergens; Dust or Pet Dander
- Tobacco Smoke or Second-Hand Smoke
- Outdoor Air Pollution
- Pests; Roaches and Mice
- Foods
- Mold

Symptoms:

| | |
|-------------------------|--|
| Chest Pain or Tightness | Shortness of Breath or Trouble Breathing |
| Wheezing | Coughing |



Uncontrolled asthma can lead to an increased frequency of symptom flare ups. Talk to a provider about the best way to treat your asthma. Having an asthma action plan helps prevent asthma attacks and helps you control your asthma.

Treatment and Management of Asthma

- Know and avoid triggers.
- Get a written asthma action plan from your health provider.
- Talk about asthma with a health provider.
- Take medicine as prescribed.

There are 2 forms of medication to treat and manage asthma:



Most people use inhalers.

Some people use pills.

Inhalers are a way of taking asthma medication directly into a person's lungs to open up blocked airways. These small devices administer a metered dose to help relieve airways. Other devices include a nebulizer or dry powder inhaler.

Learn more about asthma, management support, and eliminating triggers at home with the Boston Public Health Commission's two FREE home-based services for Boston residents:

Healthy Homes Asthma Home Visiting Program

Breathe Easy at Home Program



- Free home visits to identify and eliminate indoor home triggers.
- Free one-on-one education, cleaning tips, and cleaning supplies.
- Free inspections to eliminate asthma triggers in the home by working with landlords.