

the Telehealth Times

ASTHMA & ALLERGY AWARENESS MONTH



— ● ● ● **MAY** ● ● ● —

HAPPY MEMORIAL DAY!



KAMRYN'S CORNER

Hey there! It is May and with the warmer weather and spring blooms come the seasonal allergies. May is National Asthma and Allergy Month. As a nurse and a mother, I have seen how these conditions can affect day-to-day life. Education, prevention, early intervention and consistency are key in managing your healthcare. It is also important to stay informed, manage refills in a timely manner. You should also keep scheduled appointments with primary care providers and specialists, and as well as remain compliant with medication regimen as prescribed. If you struggle with allergies and have not been tested previously, Bamberg Family Practice provides this service in house. Call me to discuss or schedule. Happy Memorial Day!

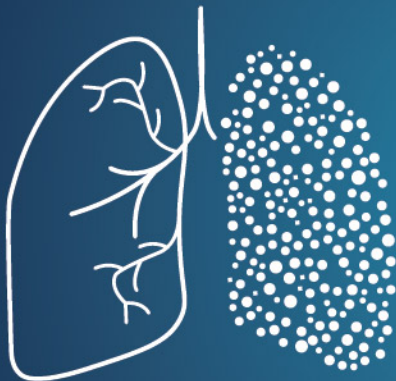


Kamryn Williams, LPN
Telehealth Coordinator
Palmetto Care Connections

Yours Truly,
Kamryn

FACTS AND STATS

- Over 28 million people in the United States have asthma.
- Allergic asthma is the most common form of asthma in the United States with 80% of asthma patients experiencing allergy symptoms.
- 100 million Americans suffer from allergies.
- It is estimated that there are 1.9 million emergency room visits annually related to asthma.
- Asthma accounts for 4,200 deaths in the United States yearly.



**ASTHMA &
ALLERGY**
A W A R E N E S S M O N T H

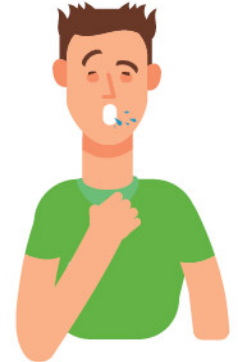
Asthma



**SHORTNESS
OF BREATH**



**DIFFICULTY
BREATHING**



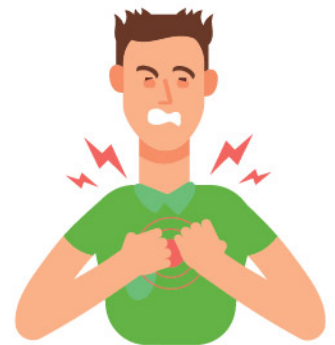
DRY COUGH



NIGHT COUGH



WHEEZING



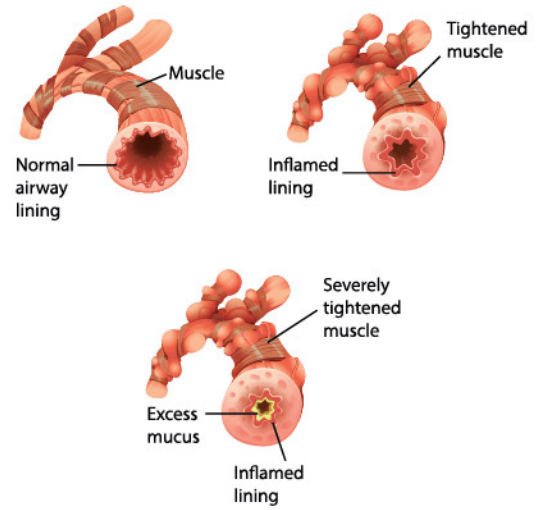
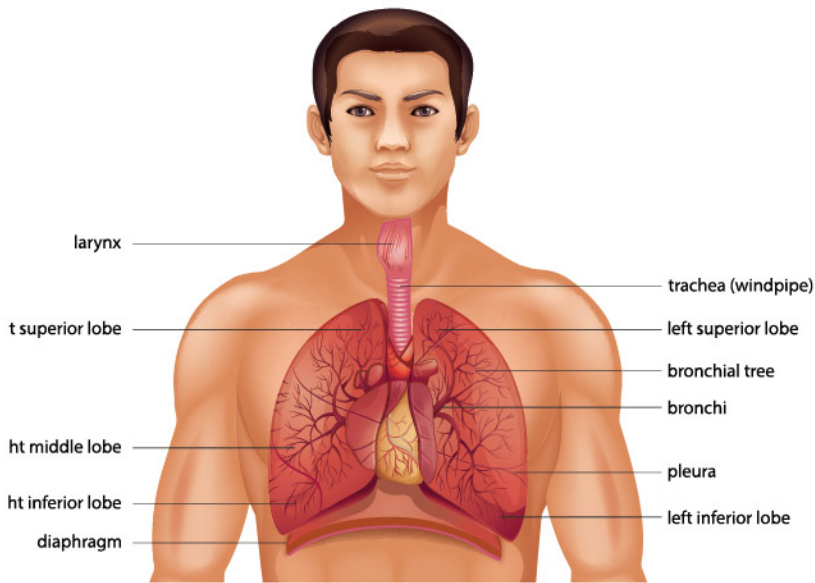
CHEST PAIN

ASTHMA SIGNS AND SYMPTOMS

Four types of medications are used for treating asthma:

- 1. Quick-relief medications - (rescue inhaler) - these are as needed and provide quick relief.**
- 2. Controlled medications - used to control swelling and mucus in the airways.**
- 3. Combination of quick-relief and controlled-used for short-term action and managing symptoms.**
- 4. Biologics - injectable or infusion medications that target cells or protein to prevent swelling in the airways.**

Asthma



ASTHMA TRIGGERS

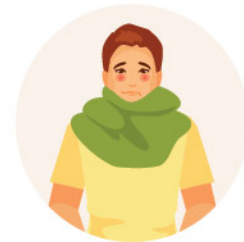


respiratory infection

healthy bronchus



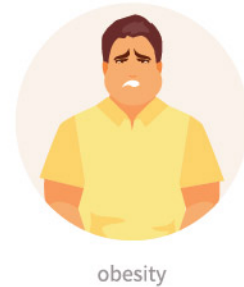
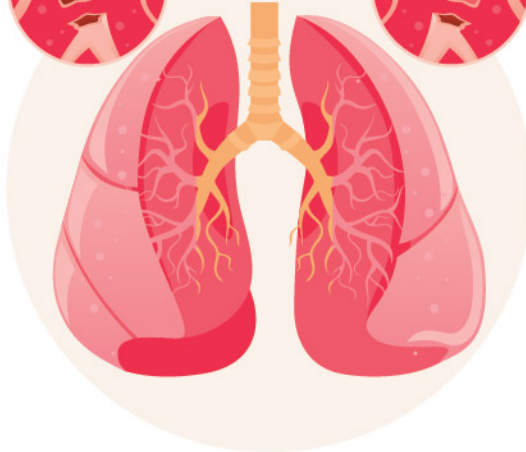
asthma



cold exposure



stress



obesity



dust



pets



drugs



household chemicals



physical exercise



smoking



pollen



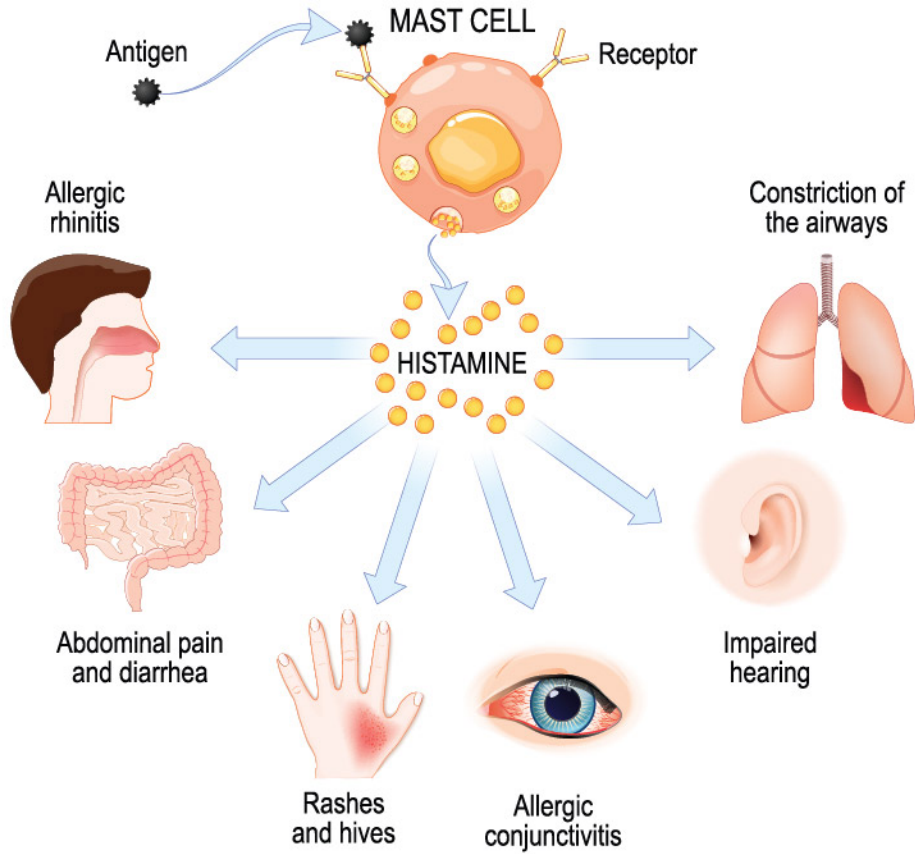
food



pollution

Allergies

The Mechanisms Of Allergy



TYPES OF ALLERGIES



POLLEN



COSMETICS



CLOTHES



DRUGS



FOOD



DUST



ANIMALS



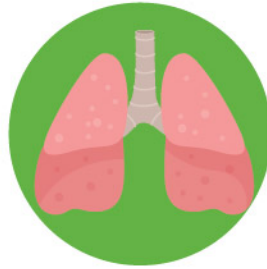
INSECTS

Allergies

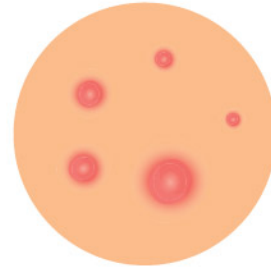
ALLERGY SYMPTOMS



SNEEZING



LABORED BREATHING



RASH



RUNNY NOSE



EDEMA



COUGH



REDNESS



LACRIMATION



HEADACHE

Basic strategies to remember:

1. Avoid allergens/triggers
2. Take medications as prescribed.

Allergy Treatment



Antihistamines



Topical



Injection



Air conditioner



Hepa filter

WHAT WE ASPIRE TO BE

OUR VISION

Every South Carolinian is connected to healthcare services

WHAT WE ARE

OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

WHAT WE DO

OUR VALUES

- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Increase access to care
- Advocate

WHAT WE DO

FOCUS AREAS



Technology



Telehealth



Broadband



Education

Telephone: 803.956.6221

www.palmettocareconnections.org

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