



State of Wisconsin
Department of Health and Family Services

Jim Doyle, Governor
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“You Can Control Your Asthma”
World Asthma Day

In the United States alone, more than 6 million children suffer from asthma, which is the most common serious chronic disease of childhood. In addition, asthma accounts for one third of all pediatric emergency room visits, and is a leading cause of school absenteeism. In Wisconsin, asthma affects about 13% of adults and children, and costs the state over \$60 million per year in asthma-related hospitalizations and emergency room visits.

In response to these alarming statistics, and in an effort to raise public awareness of the risks faced everyday by 22 million Americans living with asthma, May 6th is declared World Asthma Day.

"Asthma is a major public health problem in Wisconsin, and World Asthma Day provides an opportunity for us to highlight the health and financial impact asthma has on our state and its residents who suffer the effects of this disease," said Dr. Henry Anderson, chief medical officer with the Wisconsin Department of Health and Family Services.

Asthma that is not under control can make it hard for the person to sleep through the night or stay physically active. The individual is also more prone to visiting the emergency room or requiring hospitalization to get their asthma under control. Because asthma can be controlled, the theme for World Asthma Day is “You Can Control Your Asthma.”

Here are several steps to help get asthma under control:

- Communicate your asthma needs with care providers, teachers and coaches
- Obtain and use an asthma action plan
- No smoking policies in homes and cars
- Trigger identification and avoidance
- Regular visits to your primary care doctor
- Obtain and take prescribed medications
- Limit outdoor activity when an air quality advisory is issued

Through proper education and asthma management, individuals with asthma may experience a better quality of life. For more information on asthma as an important public health issue in Wisconsin, visit <http://dhfs.wisconsin.gov/eh/asthma/index.htm>.

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