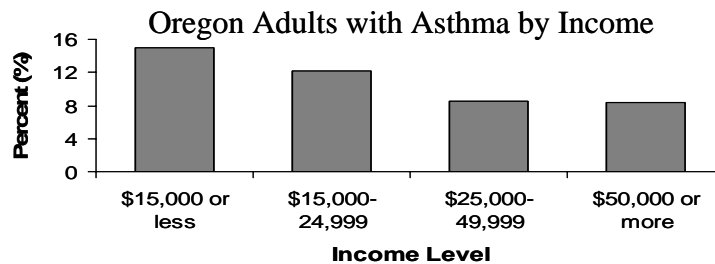
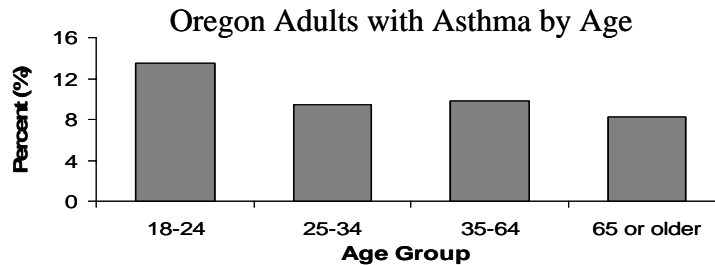


## Asthma in Oregon



Asthma affects the quality of life of many Oregonians. It is a disease that can make it hard to breathe at times. Asthma affects the airways that carry the air you breathe down into your lungs. When you have asthma, your airways can get irritated and swollen. This can lead to an asthma attack.

### Who has asthma?

Asthma is not only a childhood disease. As seen in the graph, nearly one in ten Oregon adults have asthma. Some populations are more likely to endure the burden of asthma.

- As seen in the graph, adults who make less than \$25,000 annually are more likely to have asthma.
- More Oregon women than men have asthma (12 percent compared to 7 percent).
- Many more Oregon women than men who smoke report having asthma (23 percent compared to 6 percent).
- African Americans are more likely to have asthma than whites and three times more likely to die from the disease.
- Latinos are less likely to have asthma than whites.

### What is the cost of asthma to Oregon?

Asthma is expensive:

- About 2,500 Oregonians are hospitalized for asthma each year.
- Asthma costs Oregonians about \$152 million annually in direct and indirect costs.
- Thirteen percent of Oregon adults report missing one or more days of work, school or other activities due to asthma.

### What can you do to help keep asthma under control?

There is no cure for asthma, but it can be controlled with quality medical care and good self-management. For people with asthma, self-management means:

- Taking daily control medicine as prescribed.
- Avoiding things that cause asthma problems.
- Knowing the warning signs that asthma is getting out of control.
- Knowing what to do in an emergency and having rescue medicine available.

Almost all people with asthma can lead active, healthy lives if their asthma is under control.

#### For more information contact:

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