



Asthma & Women In West Virginia

West Virginia Asthma & Women Facts

Asthma is a common chronic disease among women. In fact, West Virginia women are just as likely to have asthma as they are to have diabetes, and asthma is more common among women than coronary heart disease, heart attack, and stroke.¹ In 2009, nearly 11% of West Virginia women currently had asthma. This equals about 84,000 women.¹

The prevalence of current asthma among adult women is almost two times higher than men in West Virginia.¹ Women are also more likely than men to experience asthma-related complications that result in hospitalization and death.

- In 2008, 22.0 asthma hospitalizations occurred per 10,000 West Virginia women aged 18 and older, compared with 7.0 per 10,000 males.²
- During the years 2000-2008, the asthma mortality rate was 7.0 per 100,000 among elderly women, compared with 3.0 per 100,000 among elderly men.³

Addressing Asthma In West Virginia

The West Virginia Asthma Education and Prevention Program (WV-AEPP) and our network of partners from the West Virginia Asthma Coalition and the American Lung Association of West Virginia are dedicated to the goal of reducing the burden of asthma to the citizens of our state. If you would like to learn more about our asthma programs, contact WV-AEPP at (304) 558-0644 or www.wvasthma.org.

MANAGING YOUR ASTHMA

It is important to remember that your asthma can be controlled so that you can be healthy and active.

Here are some tips:

- > **Identify and avoid the triggers that can cause your asthma symptoms or attacks.** Common asthma triggers include dust mites, pet dander, mold, tobacco smoke, wood smoke, and exercise.
- > **Ask your doctor about developing an asthma action plan.** This tool helps to identify worsening asthma symptoms and outlines treatment as recommended by your physician.
- > **Tell you doctor about all of the medications you are taking.** Some asthma medications may make other health conditions worse, and some other medications may make your asthma worse.
- > **Be patient and honest with your doctor.** Sometimes it is difficult for doctors to determine whether lung and breathing problems in older people are due to asthma, other lung conditions such as bronchitis and emphysema, or heart disease. It may take time to find the best treatment for you.

