



Naugatuck Valley Health District

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PRESS RELEASE

The Naugatuck Valley Health District To Host Asthma Education Presentation

The Naugatuck Valley Health District will host an Asthma Educational Session that will be delivered by a certified Respiratory Therapist/Asthma Educator on **Monday, September 17th at 5:30 PM**. All participants will get a FREE gift card to Target and dinner will be provided. Come and learn how to manage your or your child's asthma, ways to reduce triggers, why it's important to have an asthma action plan and receive free educational materials.

Over 22 million people living in the United States have asthma, a chronic lifelong disease that affects the lungs. Asthma can cause wheezing, breathlessness, chest tightness, and coughing. Although asthma cannot be cured, it is possible to manage asthma to reduce and prevent asthma attacks, also called episodes. In the United States, approximately half of people with asthma had at least one asthma attack in 2012. More children (55%) than adults (49%) had an attack.

Asthma attacks cause adults to miss work and children to miss school. These dangerous and sometimes life-threatening episodes reduce the quality of life for people with asthma. The good news is that we can raise awareness about asthma and how it can be controlled.

People with asthma can prevent asthma attacks if they learn how to avoid asthma triggers like tobacco smoke, mold, outdoor air pollution, and colds and flu. Asthma episodes can also be prevented by using inhaled corticosteroids and other prescribed daily long-term control medicines correctly.

Registration is required! For more information regarding this free program or to register, please call Naugatuck Valley Health District, (203) 881-3255, and ask for Jamie. The Naugatuck Valley Health District is located at 98 Bank Street in Seymour, and serves residents of Ansonia, Beacon Falls, Derby, Naugatuck, Seymour, and Shelton. The district is open Monday through Friday from 8:30 a.m. to 4:00 p.m. or visit the website at www.nvhd.org. Funding for this presentation was generously granted by Valley Community Foundation.

References:

1. Center for Disease Control. Available from URL: www.cdc.gov. 2018

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