

# HEALTH

## For Your Health



BY LARRY LUCAS

With March comes the beginning of spring and increased opportunities to take advantage of outdoor activities. Whether that means stopping by the local park or visiting an outdoor festival, for many the warm weather is a reason to celebrate. For the nearly 25 million Americans with asthma, it's also a reminder to take extra care outside.

While it's easy to get caught up in the joys of finally getting out of the house, environmental triggers such as pollen and the change in weather can worsen asthma symptoms. And those are on top of the everyday triggers such as animals, dust, mold and even strong emotions like

stress. For patients living with the chronic disease, these factors can irritate the airways, leading to wheezing, shortness of breath, chest tightness and coughing.

Some experts have called asthma the "urban plague" for its widespread prevalence in minority populations. According to the CDC, approximately one in nine African-American children was living with asthma as of 2009, a rate that had nearly doubled since 2001. What's worse, according to the American Lung Association, black Americans are three times more likely to die from asthma than

## Asthma Prevention Advice

their white counterparts.

Despite these alarming rates and a wealth of medical studies, experts have been unable to determine the exact cause of the disease or explain why more Americans develop asthma every year. However, recent research revealed a genetic association with the disease, marking an important step in relieving the burden of asthma.

Those with asthma will breathe easier knowing that they can lead full, active lives by managing the environmental factors that trigger asthma. Families can take simple measures to minimize asthma symptoms, such as eliminating cigarette use in the home, keeping humidity lev-

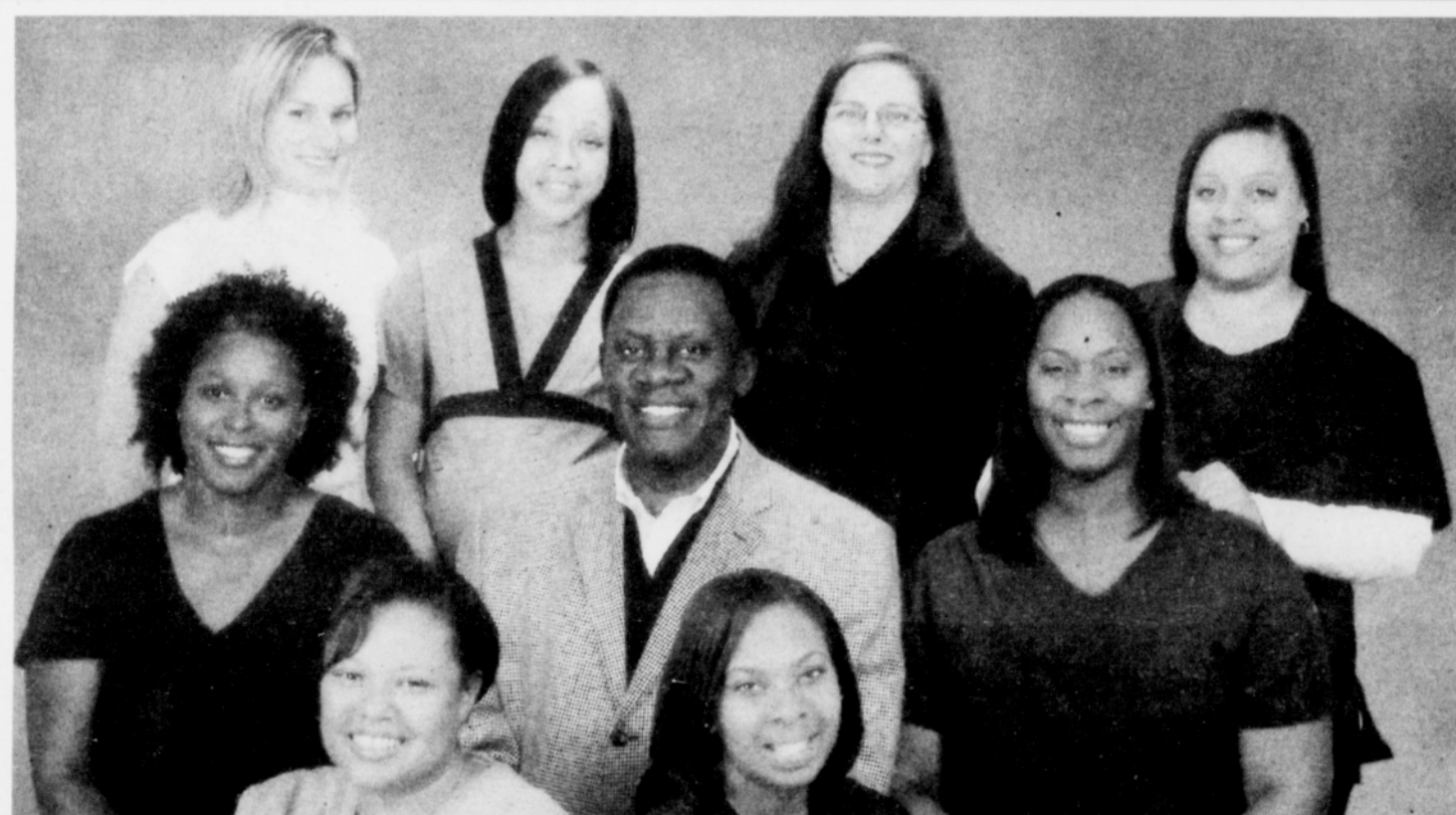
els low, and avoiding air pollution as much as possible. Since respiratory infections such as the flu can affect the lungs, causing an asthma attack, patients are encouraged to receive annual flu shots.

Medication can go a long way in helping control asthma symptoms. The most common therapy to relieve symptoms and prevent asthma attacks is what physicians call controller medicine, most commonly distributed through inhalers. Partner with your doctor to decide on the treatment that's right for you. With so many options available, you should never have to settle for anything less than a symptom-and-attack-free life.

With so many therapeutic options available to help treat asthma, it's important that patients have access to the medication they need. Thankfully, the Partnership for Prescription Assistance helps connect patients with programs that provide medicines for free or at a reduced cost. To find out if you may qualify, call 1-888-477-2669.

Go ahead and get into the swing of spring. With a little extra awareness about your surroundings and activities, there's no reason not to enjoy all March has to offer.

*Larry Lucas is a retired vice president for Pharmaceutical Research and Manufacturers of America.*



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

## THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

### Part 27. Chiropractic VS Migraines: Saying goodbye to the most menacing of headaches

**Q:** Can anything be done for migraines? I've had them for the last 20 years and I sincerely can't take it much longer.

**A:** I had a patient once ask the same question. Her concern, however, was that Chiropractic might hurt. After becoming a patient, she began to make progress. Slowly but surely the nauseating effects of the migraine were leaving her. One day, relaxed and without pain, she said to me "I can't believe that I waited 20 years

for this!" That's one comment I'll never forget! The story had a happy, but isn't it sad that it had such an unfortunate beginning. So many suffer for so long with their pain. They literally waste years of their lives, waiting, thinking that it is just a temporary condition. Life itself is a temporary condition. We are all

here for only a while. Why waste one precious moment, let alone years suffering needlessly? Find your freedom through good health NOW... naturally. Find your freedom through Chiropractic... and make each day count. Isn't it time you stepped up to safe, effective Chiropractic?

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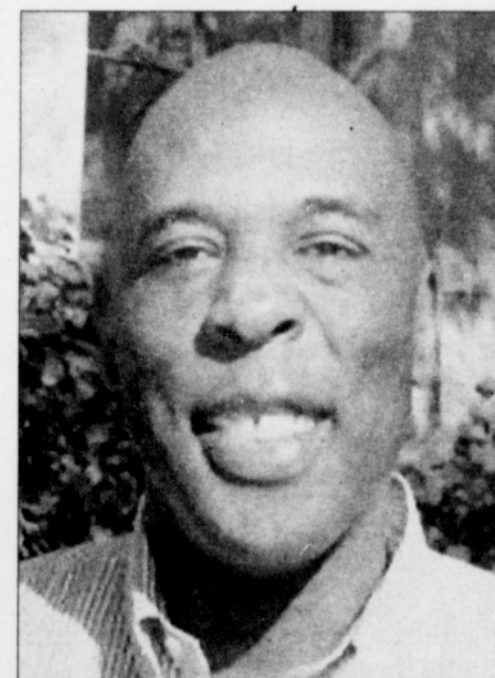
## Promoting Healthy Communities

James Mason from Providence Health and Services will speak on promoting healthy African-American communities during a Portland conference with the Zeta Nu Chapter of Omega Psi Phi Fraternity.

Mason is the executive director of Culturally Competent Care Giving for Providence Health and Services. He is the former director of Multicultural Health for the state of Oregon.

The presentation will take place Saturday, March 24, when the Portland chapter hosts a district meeting of the group at the Marriott Courtyard Hotel, 550 S.W. Oak St.

During the full day meeting, fraternity members will also engage in a community service project at DeLaSalle North Catholic High School in the morning, followed by social activities



James Mason

that evening.

Mason has applied cultural competence to a variety of service disciplines, including healthcare, public health, mental health, child welfare, higher education and compulsory education. Mason has worked in Portland since 1975.

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