



# News Release

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City of Stamford  
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The City of Stamford Department of Health & Social Services joins thousands of organizations to recognize May as Asthma Awareness Month and to increase public awareness of the asthma epidemic.

Asthma is one of the most common lifelong chronic diseases and nationwide there are approximately 26 million people of all ages and races living with Asthma. Asthma is a disease affecting the lungs, causing repeated episodes of wheezing, breathlessness, chest tightness and coughing. Asthma can be managed which will reduce and prevent episodes, or asthma attacks. Anne Fountain, Director of Health & Social Services commented "Prevention is the key. It is important to know the warning signs of an asthma attack, know what may trigger an attack, and following the advice of your healthcare provider." Asthma attacks can be mild, moderate, or serious — and even life threatening.

Symptoms of an asthma attack include:

- Coughing
- Shortness of breath or trouble breathing
- Wheezing
- Tightness or pain in the chest

Asthma attacks are sometimes triggered by:

- Allergens (like pollen, mold, animal dander, and dust mites)

- Exercise
- Occupational hazards
- Tobacco smoke
- Air pollution
- Airway infections

There is no cure for asthma. People with asthma can manage their disease with medical care and prevent attacks by avoiding triggers. For more information on asthma please visit: <http://www.cdc.gov/asthma/faqs.htm>

The City of Stamford will host an Asthma Awareness Station in the lobby of the Government Center (888 Washington Blvd, Stamford), Tuesday, May 7, 2013 from 12:00 noon to 2:00 pm. Staff will provide information and answer any questions. We encourage parents and students to visit their school nurse to ask any questions and to get more information.