

AcaciaAnswers

with Dr. Daniel Rosa

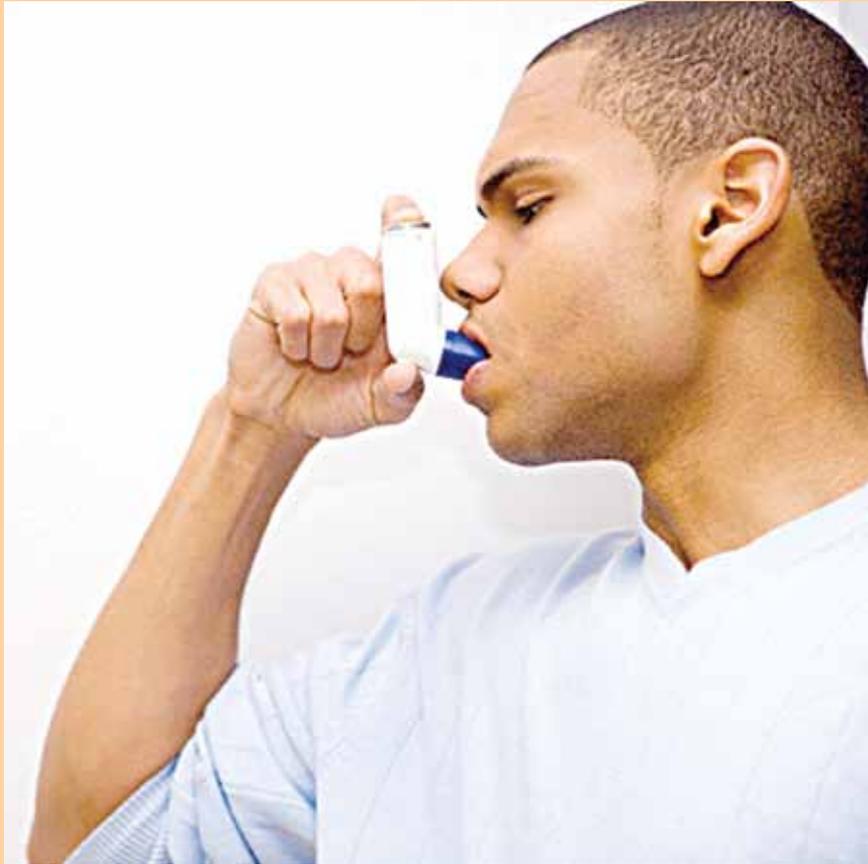


- INTERNAL MEDICINE
PHYSICIAN, HIV SPECIALIST
- HARVARD MEDICAL SCHOOL
- AT ACACIA NETWORK
FOR SIX YEARS

How can I avoid severe Asthma attacks?

Dear Doctor,
I have severe asthma that gets worse when it gets hot out. Last summer, I ended up in the emergency room twice because of asthma attacks. How can I avoid more emergencies?

-Edgar



Dear Edgar,
I'm glad that you're being proactive and are looking for new improved ways to manage your Asthma. Unfortunately, Bronx residents suffer from, by far, the highest Asthma rates of all the counties in New York State. This is due to a number of factors including the prevalence of environmental triggers such as cigarette smoke, air pollution, roaches and other pests— as well as the high

incidence of obesity in the Bronx, which makes Asthma worse. Although Asthma

cannot be cured, luckily it can be controlled. Proper Asthma Care

begins in the home. In addition to the usual suspects mentioned before, environmental triggers can also include: mold and mildew; animal hair and feathers; roaches and, yes, even the spray used to kill roaches! Because your Asthma is severe, ask a friend or loved one to help you purge your home of these triggers. Ask your exterminator to use "the gel" instead of the usual smelly spray. And invest in a good air conditioner that will keep you cool and comfortable when it's hot out.

If you smoke or are overweight, it's time to address these habits. Asthma is not just uncomfortable for the person suffering an attack, it's dangerous. Speak with your Primary Care Doctor about smoking cessation or weight loss if need be.

Additionally, if you aren't already, get into the habit of seeing your Primary Care

Doctor every 3-6 months instead of on an emergency only basis. He or she can help you manage your medications and answer any questions you may have about your Asthma and what triggers you need to look out for in the Bronx. I hope this helps and that you're able to enjoy an emergency-free summer.

Acacia Network provides a variety of medical services:

- Family Practice
- Internal Medicine
- Mental Health
- Pediatrics
- Gynecology
- Podiatry
- Nutrition
- Health Education
- And much, much more!

Make an appointment at one of our clinics today.

Schedule an Appointment Today! (718) 764-1577

LA CASA DE SALUD

966 Prospect Avenue, Bronx

WESTCHESTER AVENUE FAMILY PRIMARY HEALTHCARE CENTER

915 Westchester Avenue, Bronx

PARK AVENUE FAMILY HEALTHCARE CENTER

4196 Park Avenue, Bronx

CHARLES A. LAPORTE FAMILY HEALTH CARE CENTER

1064 Franklin Avenue, Bronx

CLAY AVENUE HEALTHCARE CENTER

1776 Clay Avenue, Bronx

CLAREMONT FAMILY HEALTHCARE CENTER

262-4 East 174th Street, Bronx

BARBEE FAMILY HEALTHCARE CENTER

266 West 145th Street, Manhattan



ROOTED IN THE COMMUNITY SINCE 1969

"Celebrating 45 Years of Keeping the Promise"



www.acacianetwork.org