

Catch Your Breath

Keep Stress Levels Low To Help Manage Asthma Symptoms

(NAPSA)—When responsibilities pile up, it's easy for even the healthiest individuals to get overwhelmed—but stress may be especially problematic for the 8.5 million adults with asthma.

Approximately 43 percent of adults suffer adverse health effects from stress, and while most people are aware that stress can lead to heart problems, many do not realize that it is a common asthma trigger and can worsen asthma symptoms in some people. “When your life feels like it's spinning out of control and you're on a roller coaster of emotions, the last thing you want to worry about is aggravating your asthma,” said Cheryl Nason, author of “The Fun Factor: Your Prescription for Stress Relief at Work and at Home.” “So it's important to take action to control your stress.”

Understanding Stress And Asthma

Asthma is a chronic inflammatory disease of the airways that is accompanied by the tightening of the muscles surrounding the lungs' airways. This causes the airways to narrow and can cause symptoms such as coughing, wheezing, shortness of breath and tightening of the chest cavity.

“There is emerging evidence suggesting that stress can contribute to asthma worsening,” said Dr. Bruce Prenner, physician and

Tips For Dealing With Stress

- Take time out for yourself—Recognize when you're becoming overstressed in your daily routine and take a vacation day from work or get a babysitter to watch the kids
- Try relaxation techniques, such as yoga, deep breathing and squeezing a stress ball, to help reduce stress levels
- Get enough sleep—If you are not sleeping well, you will have less energy and fewer resources for coping with stress
- Exercise regularly—Exercise is an excellent way to burn off the effects of stress



principal investigator for the Allergy Associates Medical Group and Research Center in San Diego, Calif. “The mechanism involved has not been established but may involve chemicals released by the body during times of stress that can cause the airways to tighten and narrow.”

Unfortunately, stress is a part of daily life, but if you understand the relationship between stress and asthma and practice ways to manage stress, you may be able to help your asthma management.

On Your Way To Control

While practicing healthy coping techniques can help control stress, no one should try to tackle asthma on their own. Visit control-your-asthma.com to learn more about asthma, but for proper

diagnosis and to discuss treatment options, Prenner recommends visiting a doctor who can provide support.

“Asthma can affect everyone differently, which is why I encourage people to talk with their health care provider,” Prenner said.

According to accepted asthma guidelines, inhaled corticosteroids (ICS) are the preferred foundation treatment for mild to moderate persistent asthma. ASMANEX® TWISTHALER® 220 mcg (mometasone furoate inhalation powder) is the only inhaled asthma-control therapy approved for once-daily initiation and management of asthma symptoms in patients previously treated with a rescue or maintenance inhaler. Patients previously treated with oral steroids will need twice-daily dosing.

“By monitoring the frequency and severity of a patient's symptoms, physicians can help determine appropriate asthma therapy,” said Prenner. “I've found that I'm able to control many of my patients' asthma symptoms with an inhaled corticosteroid, like ASMANEX, along with the occasional use of a rescue inhaler.”

“Controlling your stress should always be top priority on your ‘to do’ list,” said Nason. “After all, stress management is a key to good health.”

ASMANEX TWISTHALER 220 mcg (mometasone furoate inhalation powder) is for the maintenance treatment of asthma as prophylactic therapy in patients 12 years of age and older. ASMANEX TWISTHALER is also for asthma patients who are taking oral steroids where it may reduce or eliminate the need for oral steroids. ASMANEX TWISTHALER will NOT relieve sudden asthma symptoms. The most common side effects with ASMANEX TWISTHALER include headache, allergic rhinitis, sore throat and upper respiratory infection. ASMANEX TWISTHALER therapy should not be used to treat acute asthma episodes where extra measures are required. Be careful while adjusting to a switch from an oral steroid to the inhaled steroid ASMANEX TWISTHALER 220 mcg (mometasone furoate inhalation powder), as you may be less able to heal after surgery, infection or serious injury. Use ASMANEX as directed by your health care provider, since its ability to work in your lungs depends on regular use. If your asthma symptoms do not improve, or seem worse, contact your health care provider. Avoid coming into contact with the measles or chicken pox virus. Contact your health care provider immediately if you are exposed. If you are at an increased risk for decreased bone mineral density, the use of corticosteroids may increase your risk. Your health care provider should monitor your condition and, if needed, provide treatment. Long-term use of inhaled corticosteroids, such as ASMANEX, may increase the risk of some eye problems such as cataracts or glaucoma. For additional important product information, visit www.asmanex.com. Eligible patients who are having difficulty affording Schering-Plough medications can call the S-P Cares patient assistance program at (800) 656-9485 to see if they qualify for assistance. Or visit www.pparx.org for additional information.