



HEALTH AWARENESS

Answering Three Simple Questions Could Improve Asthma Control For Millions



(NAPSA)—Do you sleep tight? Do you work right? Do you play with might? Knowing the answers to these three questions could help millions better control their asthma and allergic asthma.

According to a report in the *Annals of Allergy, Asthma & Immunology*, ineffective communication between patients and doctors contributes to poor asthma control. That may help explain why 88 percent of asthma sufferers believe their disease is under control, yet two million of them still end up in the emergency room each year.

“One of the key factors contributing to this country’s rising asthma epidemic is that patients are not equipped to recognize and manage their triggers and symptoms,” says Paul Ehrlich, M.D., a member of Asthma and Allergy Foundation of America’s (AAFA) Better Control for Better Living (BCBL) panel and lead author of the report. That’s where the three questions come in.

Dr. Ehrlich’s report recommends doctors, people with asthma and their caregivers ask those three questions as part of the Sleep/Work/Play™ program (supplemented with Sleep/Learn/Play™ for adolescents). The program is intended to help people better manage their asthma and allergic asthma by helping them better recognize and communicate their symptoms. The report says people should discuss the answers with their doctors and families:



Thinking about sleep, work and play may help people manage their asthma symptoms.

- Do you sleep tight? Sleep questions include whether asthma or allergic asthma symptoms caused a patient to awaken, cough or be overly tired the next day.

- Do you work/learn right? Work/learn questions include whether asthma resulted in missed days, leaving early, interruption (e.g., for rescue inhaler) or change of job.

- Do you play with might? Play/activity questions include whether asthma interfered with or resulted in avoidance or adjustment of play, exercise or a social activity.

Dr. Ehrlich, of the New York University School of Medicine, says this enhanced dialogue will help doctors and patients make proper treatment decisions. “Sleep/Work/Play is a practical and simple communications framework for doctor-patient-parent discussions about the impact of asthma and allergic asthma on quality of life and the importance of control in managing conditions,” he explains.

For more information, visit www.sleepworkplay.com and www.sleeplearnplay.com.