

# Asthma in Younger Adults and Prevention of Hospital Admission



## What is Asthma?

Asthma is a chronic (long-term) condition that affects the airways in the lungs. Symptoms of asthma may include:

- Shortness of breath.
- Chest tightness or pain.
- Wheezing when exhaling, which is a common sign of asthma in children.
- Trouble sleeping caused by shortness of breath, coughing, or wheezing.
- Coughing or wheezing attacks that are worsened by a respiratory virus, such as a cold or the flu.<sup>1</sup>

## Healthy Reminders

Severe asthma attacks can be life-threatening. Work with your doctor to determine what to do when your signs and symptoms worsen. Signs of an asthma attack may include:

- Rapid worsening of shortness of breath or wheezing.
- No improvement even after using a quick relief inhaler.
- Shortness of breath when you are doing minimal physical activity.<sup>2</sup>

Visit with your doctor about your asthma at least every six months. This could help prevent an asthma emergency in the future.

## Getting Back to Your Best Health

After a hospital or emergency room (ER) visit, recovery can be challenging. There are many things you can do to manage your recovery. The most important is scheduling a follow-up visit with your doctor within seven days after a hospital or ER visit, unless otherwise directed.

*You should have a follow-up visit with your primary care doctor within seven days of being released from the hospital. Your clinical team will try to call or contact you after you are discharged to help schedule this visit. It is helpful to bring a list of all current medications and your hospital discharge documentation to your follow-up visit.*

## At this visit, your doctor can:

- Determine why you were admitted to the hospital.
- Diagnose any new health problems and reevaluate existing conditions.
- Review old and new medications.
- Refill medications, if needed.
- Answer any of your health-related questions.
- Talk to you about your health and your treatment plan.

## We're Here to Help

Your doctor may have prescribed new medications, follow-up treatment, or encouraged you to make lifestyle changes. We want to help you navigate these changes, through your recovery and beyond. ***Our care management team has resources that can help you reach your health goals.***

Following your ER visit or hospitalization, your care manager can help you with many things, including scheduling your follow-up appointments and transportation assistance. They can also help keep track of your medication and help you manage multiple conditions. Annual wellness visits, virtual visits, and digital care management opportunities with your care manager are available upon request.

**To learn more, or to sign up for our Case Management program, call us at 1-877-617-0390 (TTY: 1-877-617-0392).**

<sup>1</sup> <https://www.nhlbi.nih.gov/health/asthma/symptoms>

<sup>2</sup> <https://www.mayoclinic.org/diseases-conditions/asthma/symptoms-causes/syc-20369653>