

MAY 2021

Your  
**HEALTH  
UPDATE**



[www.emergencyhospitals.care](http://www.emergencyhospitals.care)



## May is National Asthma and Allergy Awareness Month

### DID YOU KNOW?

- More than 65 million Americans overall have asthma and allergies.
- Approximately 25 million Americans have asthma.
- About 32 million Americans have food allergies.
- About 24 million Americans have hay fever, rhinitis, or nasal allergies.
- Asthma is more common in adult women than adult men.
- Asthma is more common in boys than girls.

Source: [Asthma and Allergy Foundation of America](http://www.aafa.org).

**#AAFANational**

## LEARN MORE ABOUT ASTHMA

### **What Is Asthma?**

Asthma is a chronic disease in which your airways become inflamed and makes it hard to breathe. This can happen when you are exposed to your triggers, such as pollen, dust, certain pests, scents, chemicals and smoke

### **What are the Symptoms of Asthma?**

Common asthma symptoms include coughing, wheezing, shortness of breath and chest tightness. Asthma symptoms can result in a medical emergency. It's important that you know how to recognize severe symptoms and know what to do in an emergency.

### **Is There a Cure for Asthma?**

There is no cure for asthma, but it can be managed with proper prevention of asthma attacks and treatment.

## **Is Asthma a Deadly Condition?**

There is no cure for asthma, and it can be deadly if not properly controlled through proper diagnosis, medication and a management plan.

See some numbers:

- On average, ten Americans die from asthma each day.
- In 2019, 3,524 people died from asthma.
- Many of these deaths are avoidable with proper treatment and care.
- Adults are five times more likely to die from asthma than children.
- Women are more likely to die from asthma than men, and boys are more likely than girls.
- Black Americans are nearly three times more likely to die from asthma than white Americans.

[Click here to learn more about asthma](#)

## **LEARN MORE ABOUT SEVERE ALLERGIC REACTIONS**

### **What is Anaphylaxis?**

Nearly one in 50 Americans are at risk for having a severe allergic reaction. This reaction is called anaphylaxis.

### **What Can Cause Anaphylaxis?**

Foods, medicines, insects and latex can cause anaphylaxis.

### **What are the Symptoms of Anaphylaxis?**

Anaphylaxis can cause symptoms that affect more than one system in the body, such as the skin, mouth, eyes, lungs, heart, gut and brain. Symptoms can include hives, swelling of the tongue or throat, trouble breathing, vomiting and dizziness. It requires emergency treatment using epinephrine.

### **Is There a Cure for Severe Allergic Reactions?**

There is no cure for severe allergic reactions. You can only manage it by avoiding your allergens and carrying emergency medicine. Epinephrine is the only treatment for anaphylaxis.

[Click here to learn more about Allergies](#)

**Contact us today to  
Schedule and Appointment  
281-592-5411**

**Monday - Friday : 900 a.m to 500 p.m  
We accept all insurances  
including Medicare and Medicaid**

## **Our Locations**





**Texas Emergency Hospital**  
300 E. Crockett St.  
Cleveland, Tx. 77327



**Cleveland Emergency Hospital**  
1017 South Travis Eve.  
Cleveland, Tx. 77327



**Emergency Hospital Systems-  
Deerbrook**  
8901 FM 1960 Bypass Rd. W.  
Suite 105  
Humble, Tx 77338



**Emergency Hospital Systems-  
The Woodlands**  
20225 Interstate 45 N.  
Spring, Tx 77386



**Emergency Hospital Systems- Porter**  
24540 FM 1314  
Porter, TX 77365



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