

ASTHMA AND ALLERGY AWARENESS MONTH



More than 106 million people in the US have asthma or allergies, or even both conditions. Around 28 million people in the US have asthma, which is a long-term disease that causes your airways to swell making it harder to breathe. Asthma can be managed and controlled but there is no cure. Allergies are one of the most common chronic diseases. There are many common allergies, like food, pet, insect, or drug allergies. You cannot always avoid your allergens but being prepared and having an allergy action plan is important to help avoid or treat allergic reactions.

MENTAL HEALTH CORNER

World No Tobacco Day: May 31st

Did You Know?

“Tobacco Products” like cigarettes, cigars, and smokeless tobacco are made partly from the tobacco plant, while other “Nicotine Products” like e-cigarettes/vapes, and nicotine pouches do not contain any plant material from tobacco. Instead, they oftentimes contain nicotine salts. Nicotine salts are designed to be able to deliver higher levels of nicotine, which means that those products can be even more addictive and harder to quit than tobacco products.

Find out more at: WHO.int

