

The Pennsylvania Asthma Partnership is a collaboration between the American Lung Association in Pennsylvania and the Pennsylvania Department of Health. This collaboration is funded by the Pennsylvania Department of Health through a cooperative agreement with the Centers for Disease Control and Prevention.

Quick Links

[Join PAP](#)

[About PAP](#)

[Resources](#)

[Asthma 101](#)

[Coaches Clipboard](#)

[Open Airways For Schools](#)

[Asthma Management Plan](#)

[Course Sites](#)

[Contact Us](#)

In This Issue

[The Effects of Air Pollution On Human Health](#)

[Health Watch: When a Cold Triggers an Asthma Attack](#)

[CDC Study Finds Highest Adult Asthma Deaths in Construction, Health Care](#)

[Get Involved!](#)

The Effects of Air Pollution On Human Health

When particulate matter is inhaled, it can irritate tissue in the nasal cavity and cause coughing and a runny nose.

Large particles can get stuck in your nose and sneezed out, but some scientists suspect that when finer particulate matter travels down the airways and into the lungs, it makes the body believe there is an infection. This could trigger inflammation, which scientists believe can cause shortness of breath and exacerbate pre-existing respiratory symptoms in people who have asthma or chronic obstructive pulmonary disease.



The immediate effects of air pollution are hard to ignore. Watery eyes, coughing and difficulty breathing are acute and common reactions.

An estimated 92 percent of the world's population live in areas with dangerous levels of air pollution and, even at seemingly imperceptible levels, air pollution can increase one's risk of cardiovascular and premature death.

Air pollution is almost as deadly as tobacco. In 2016, it was linked to

the deaths of 6.1 million people, according the University of Washington's Institute for Health Metrics and Evaluation.

Health Watch: When a Cold Triggers an Asthma Attack



Let's Stay Connected!

PA Asthma Partnership



Clean Indoor Air for PA



Healthy Air PA



ALA in PA





When your healthcare provider talks about airways, she is referring not to broadcast waves but to the path that air takes to get into and out of the lungs. Your airways are a crucial lifeline. Infections such as colds and the flu, known as upper respiratory infections, occur at the top of that path—the mouth and nose.

Asthma is an inflammation rather than an infection that affects the lower end of the airways—the tiny tubes and air sacs that deliver oxygen and remove carbon dioxide as we breathe. When inflammation occurs, the bands of muscle that encircle these airways tighten, and the linings become swollen, making the passages even tighter and more inflamed. To make matters worse, excess mucus is produced that is thicker than usual and impedes the passage of air.

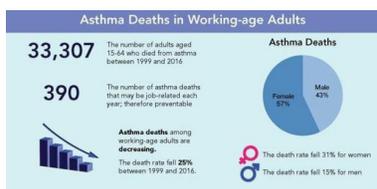


Our Sponsors



pennsylvania
DEPARTMENT OF HEALTH
[Visit our Sponsor](#)

CDC Study Finds Highest Adult Asthma Deaths in Construction, Health Care



A CDC study on occupational asthma deaths in the United States finds an estimated 3,664 to 6,994, or approximately 204 to 389 annually from 1999 to 2016, that could be attributable to occupational exposures and were therefore potentially preventable.

Published Jan. 19 in MMWR, the study indicates the highest asthma death rates were among adults ages 55-64 and that asthma mortality was significantly elevated among men in food, beverage, and tobacco products manufacturing, other retail trade, and miscellaneous manufacturing, and among women in social assistance.

Get Involved!



LUNG FORCE Expo

They are a great opportunity to learn more about the latest trends, resources and research surrounding lung cancer, COPD, asthma and other lung diseases.

[Pittsburgh, PA- June 7, 2018](#)

[Cherry Hill, NJ- March 27, 2018](#)

Fight For Air Climb

[Pittsburgh, PA- April 7, 2018](#)

[Philadelphia, PA- March 24, 2018](#)

Sapphire Gala

[Harrisburg, PA- March 3, 2018](#)

LUNG FORCE Walk/Run

[Allentown, PA- April 28, 2018](#)

[Philadelphia, PA- May 19, 2018](#)

[Harrisburg, PA- November 13, 2018](#)

We thank you for your continued participation in the Pennsylvania Asthma Partnership and dedication to supporting Pennsylvanians with asthma across the Commonwealth.

Sincerely,

John Keith
Program Manager
PA Asthma Partnership