

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.

## In This Issue

[Colds and Asthma: How to Keep Sneezes from Becoming Wheezes](#)

[How to Not Let Exercise-Induced Asthma Ruin Your Workouts](#)

[Environmental Changes Exacerbating Allergy, Asthma](#)

[Get Involved!](#)

## Colds and Asthma: How to Keep Sneezes from Becoming Wheezes



You know the signs: a tickle in the back of the throat; a few sneezes here and there. All too often they're the beginning of a full-blown head cold.

And if you have asthma, the next stop could be your lungs.

Why does a sneeze turn into a wheeze?

Your nose, mouth, throat, sinuses and lungs are all one airway. Think of it as a long hallway with rooms off the sides. The front door is your nose and mouth: That's where the germs get in. They reproduce like mad and swarm around in the passageway, squeeze through doorways into the sinuses and ear canals, then tiptoe down the hallway into the lungs.

## How to Not Let Exercise-Induced Asthma Ruin Your Workouts

### Quick Links

[Join PAP](#)

[About PAP](#)

[Resources](#)

[Asthma 101](#)

[Coaches Clipboard](#)

[Open Airways For Schools](#)

[Asthma Management Plan](#)

[Course Sites](#)

[Contact Us](#)



### Let's Stay Connected!

PA Asthma Partnership



Clean Indoor Air for PA



Healthy Air PA



ALA in PA





Everyone knows how it feels to struggle through a workout when your lungs are basically shrieking that you should just stop and go back to bed. But if working out always makes your lungs feel terrible, you might actually have exercise-induced asthma.

Here's how you can spot the symptoms, plus expert-approved tips on managing exercise-induced asthma even if you're a workout fiend.



### Our Sponsors



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

## Environmental Changes Exacerbating Allergy, Asthma



Environmental changes occurring around the world and their effects on allergic and respiratory diseases will be in the spotlight at the upcoming joint congress of the American Academy of Allergy, Asthma and Immunology (AAAAI) and World Allergy Organization (WAO).

"We'll have talks about how pollution causes both airway and systemic inflammation, and how that directly relates to worsening of the diseases that we take care of," said AAAAI President David Peden, MD, from the University of North Carolina School of Medicine and the UNC Center for Environmental Medicine, Asthma, and Lung Biology in Chapel Hill.

To Register or Learn more about the AAAAI/WAO Annual Meeting, Click [HERE](#).

## Get Involved!



Day at the Capitol  
[Harrisburg, PA- May 1, 2018](#)

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](#)

Pasta Run  
[Harrisburg, PA- June 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**