



Kentucky Personnel Cabinet
Frankfort Employee Wellness Bulletin

November Is Respiratory Awareness Month: Focus on Asthma

Meet your Employee Care Clinic staff on Nov. 10

Asthma is one of the most common chronic diseases in the United States, affecting more than 20 million adults and more than 6 million children. Annually, asthma accounts for 14.7 million missed school days for children and 24.5 million missed work days for adults.

There is no known cure for asthma, but it can be controlled. People with asthma can lead full, active lives with proper education, treatment and management. The successful management of asthma includes the following four important actions:

- Visit your doctor regularly.
- Use long-term controller medications and fast-acting rescue medications appropriately.
- Avoid asthma triggers.
- Work with your doctor to develop and use a written management and action plan.

The successful management and control of a person's asthma will result in better quality of life, decreased asthma attacks, fewer visits to the emergency room, fewer hospitalizations and fewer missed school or work days.

As part of a new pilot program, state employees can now visit any of the four Frankfort-based First Onsite Employee Care Clinics for free. Take this opportunity to get to know your Employee Care Clinic staff and learn more about asthma and other respiratory illnesses. Meet the Employee Care Clinic staff on Thursday, Nov. 10 at the following locations and times:

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| • Capital Plaza Tower | 10 am to noon |
| • Cabinet for Health and Family Services Building | 10 am to noon |
| • Capitol Annex | 1 pm to 3 pm |
| • Transportation Building | 1 pm to 3 pm |

FOR MORE INFORMATION

[Kentucky Respiratory Disease Program](#)
[National Heart Lung and Blood Institute](#)

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