

Important Phone Numbers

Asthma Educator.....288-8136
Appointments288-8888
Cancel Appointments.....288-7777

Pharmacy Information.....288-8100
Pharmacy.....288-8800
Refill Pharmacy.....288-8911/12

Main Pharmacy at CRDAMC
Monday, Tuesday, Wednesday
& Friday
8 a.m. to 7 p.m.

Thursday - 9 a.m. to 7 p.m.

Saturdays & Holidays
8:30 a.m. - 5 p.m.

Closed Sunday



Carl R. Darnall Army Medical Center
Public Affairs & Marketing Office
Fort Hood, Texas 76544

FH MDA HO 776
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*COME FLY
~DACH AIR~*

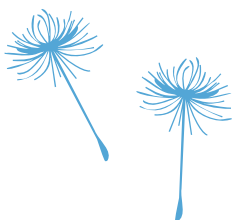
ASTHMA SELF MANAGEMENT PROGRAM

What is Asthma?

Asthma is a disease that causes blockage of the airways making it hard for the person to breathe. The symptoms of an asthma attack can include shortness of breath, chest pain or tightness, wheezing, coughing, itchy skin, headache, earache, and throat or neck pain. Asthma can be controlled, but there is no cure.

Asthma symptoms are usually brought on by a “trigger.” Triggers are things like cigarette smoke, mold, pollen, dustmites, viral infections, animals, sudden weather changes or exercise that make asthma worse.

During an asthma attack, three things happen; the airways swell, tiny muscles around the airways tighten, and mucus forms inside the airways.



What is DACH AIR?

Darnall Area Comprehensive Healthcare Asthma Information & Resources (DACH AIR) is a self-management program offered by Carl R. Darnall Army Medical Center. The program provides education on the tools and skills needed to take control of asthma symptoms.

DACH AIR offers classes to people with asthma and to caregivers of children with asthma. Individual appointments are also available.

How Do I Enroll

Ask your primary care manager (PCM) for a referral or call the program coordinator at 288-8136

Class Agenda

- Asthma Overview
- Common Triggers & Control Methods
- Early and Late Warning Signs
- Peak Flow Monitoring
- Medications
- Inhaler & Spacer Use
- Action Plan

The Asthma Team

DACH AIR uses a team approach to asthma education and awareness. Our instructors include nurses, respiratory therapist, pharmacists, and physicians. You, your primary care provider, and your family are all part of your asthma team.

Asthma Control

When properly treated and following an action plan, people with asthma should be able to do what they want, including exercise, without having a serious attack needing emergency medical care.

Test Your Asthma Control

In the past four weeks, have you:

- Used your rescue inhaler more than twice a week?
- Had asthma symptoms more than twice a WEEK during the day?
- Had asthma symptoms more than twice a MONTH during the night?

- Been prevented by your asthma from going to work, attending school, playing sports or joining in other activities you enjoy?
- Gone to the emergency room or had a same day appointment with your PCM because of your asthma?

According to the National Institutes for Health, checking any of the above indicates your asthma may not be well controlled. Please see your primary care provider soon to share your results.

Improve Your Asthma Control

- Take medications as prescribed.
- Use asthma tools as directed.
- See your PCM regularly.
- Get educated about asthma control.
- If you smoke, stop! If not, never start.
- Ask questions.