

Follow your doctor's orders and we'll all breathe easier



Different studies place the costs associated with asthma at between \$5.9 billion and \$7.5 billion annually across the U.S., with more than 100 million days of restricted activity and 470,000 hospitalizations. While there is no cure for asthma, there are ways to control symptoms. Follow your doctor's orders, and take your medicine as instructed. It may mean the difference between a healthy, active life or one filled with limitations and expensive doctor and hospital visits.

Oklahoma must be able to breathe!

What you can do:

- ✓ Follow your doctor's orders and take all medications as instructed
- ✓ Know what triggers an asthma attack and avoid those triggers
- ✓ Don't smoke — tobacco smoke is the most common trigger for an asthma attack

Holding down health care costs:
your health choices matter

Source: Asthma and Respiratory Services of Oklahoma (www.asthmaok.com)



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