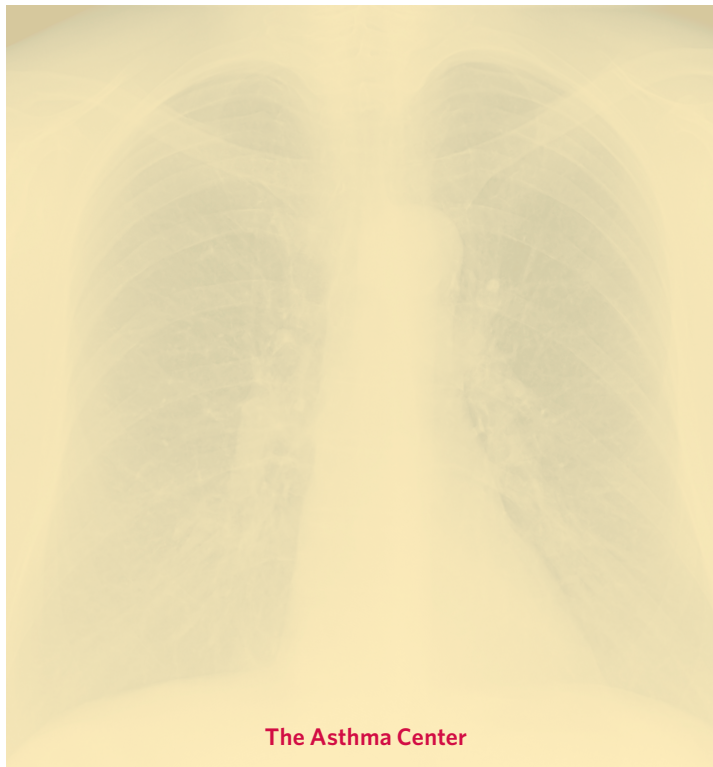




Research Opportunities:

We strive to improve asthma care through research. If you are interested in a current or future study call 614-293-4978 or e-mail Lung.Research@osumc.edu.

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The Asthma Center

2050 Kenny Road, Suite 2200
Columbus, OH 43221
Phone: (614) 293-4925
Fax: (614) 293-5503



The Ohio State University Medical Center

OSU Asthma Survival Guide





The Ohio State University is recognized for excellence across a broad range of academic study. Did you know the campus contains one of the top ranked medical centers in the country? In addition, OSU has the only dedicated Asthma Center in central Ohio. Students who are troubled by asthma or other related respiratory problems can seek the medical expertise of our asthma specialists.

What is asthma?

Asthma is a variable disease consisting of inflammation of the airways, reduced air flow and hyper-reactivity. Since the airways are hyper-reactive, common things encountered in everyday life can make asthma worse. The most common triggers include colds or flu; exposure to smoke or fumes; exercise; stress; strong emotions; hormones; weather or temperature changes; exposure to allergens. Asthma can be managed by reducing the inflammation in the airways and limiting triggers. Asthmatics with persistent symptoms or abnormal lung function require daily medicines for control of asthma. All asthmatics should have a rescue inhaler to use for quick relief of symptoms.

What should I do *before* moving to campus?

Planning and prevention are important for managing your asthma.

- See your provider for immunizations, prescriptions for medications and an updated asthma action plan.
- Determine how you will receive your medications while on campus. Talk to your provider if you cannot afford your medications or visit www.needymeds.org for help.
- Obtain a copy of pertinent medical records, insurance and prescription cards.
- Keep a list of your current medications (prescription and over-the-counter) in your wallet.
- Request a non-smoking room and roommate.
- If you are an athlete, inform your coaches and athletic trainer that you have asthma.

What should I do *after* moving to campus?

- Be your own advocate by informing roommates, friends and RAs about your asthma and how to help during an attack.
- Establish a relationship with the Wilce Student Health Center.
- Carry your rescue medicine with you at all times.
- Take your medications as prescribed and renew them before running out.
- Clean your room weekly using low-fume cleaners.
- Do not smoke and limit exposure to air pollution.
- Follow your asthma action plan when you are sick.
- Seek care if you are not responding to your asthma medications or action plan.
- Always give your provider an up-to-date list of medications you are taking. Keep in mind some medications can worsen asthma.
- Obtain adequate sleep, eat balanced meals, exercise regularly, wash your hands often and avoid people who are sick.

Is my asthma controlled?

Your asthma is controlled if you are able to go to school, work, play and sleep with minimal asthma symptoms.

Other indicators include the following:

- Rescue medicine ≤ 2 times per week during the day (do not count pre-med for exercise)
- Rescue medicine ≤ 2 times per month during the night
- Peak flow is greater than 80% of your personal best reading.

If your asthma is not controlled, see a provider for an evaluation. If you are experiencing severe symptoms, go to the nearest emergency room.

When should I see an asthma specialist?

- When asthma is uncontrolled, or difficult to control on current asthma medications.
- If you have a history of life-threatening asthma attacks or you have taken more than 2 oral steroids in the past year
- To receive injectable asthma medications
- For personalized asthma instruction and advice

What does The Asthma Center offer?

We offer a dedicated team of pulmonologists, allergists and a nurse practitioner to provide evidence-based individualized asthma care. Visit our website to learn more at asthma.osu.edu or friend us on Facebook (search: OSU Asthma Center).

Is The Asthma Center covered by my insurance?

The Asthma Center is "in-network" for OSU Student Health insurance. A referral from your provider at Wilce Health Center is required. You will also be charged a co-pay at the time of your visit. If you have private insurance, check with your plan regarding coverage.