

Trempealeau County Asthma Coalition

Trempealeau County Public Health is the lead organization of the Trempealeau County Asthma Coalition. Other members of the coalition include representatives of Trempealeau County Health Department, WIC, Gunderson Lutheran Clinic, Marshfield Clinic, Tri-County Hospital, GET and Blair-Taylor School Districts, and citizens in our community. We include a pediatrician, nurse practitioner, respiratory therapist, and school nurses and of course public health nurses. This coalition is part of the Wisconsin Asthma Coalition (<http://www.chawisconsin.org/wac.htm>).

The mission of the Asthma Coalition is to improve the quality of asthma education, prevention, management and services in Trempealeau County.

So, what is asthma? It is a disease of the airways in your lungs. These airways can become constricted, swollen and inflamed and produce mucous. The result is coughing, wheezing, shortness of breath and tightness in the chest. It is a chronic disease that can usually be managed with proper diagnosis and care. Things that can cause asthma attacks are called triggers and they include allergens, smoke, pollution and exercise.

The Asthma Coalition has received a grant from the Children's Health Alliance of Wisconsin (<http://www.chawisconsin.org/>) to support asthma awareness activities. Frequently, exercise induced asthma is not recognized as asthma. Symptoms are attributed to "being out of shape" or "having a bad day". We are offering asthma screening to Trempealeau County athletes as part of our mission. The student athletes will be happy to know that the test does not involve any pointed instruments like a needle and syringe, or anything else that causes pain. They will be asked to exhale into an instrument called a spirometer, exercise for 10 minutes, then exhale into the spirometer again. The test will be done by a licensed respiratory therapist or registered nurse at school and at no cost for the initial screening. If a problem is suspected, the parent will be notified and referred to your personal health care provided for further evaluation. Several school districts are participating in the screening.

If you are interested in joining the Trempealeau County Asthma Coalition, please contact Angie at 715-538-2311, ext. 431.

Additional references:

http://www.famallies.org/docs/KeytoControl_2011.pdf

<http://www.mayoclinic.com/health/exercise-induced-asthma/DS01040>

http://kidshealth.org/parent/medical/asthma/exercise_asthma.html