

Asthma AND OTHER HEALTH CONDITIONS

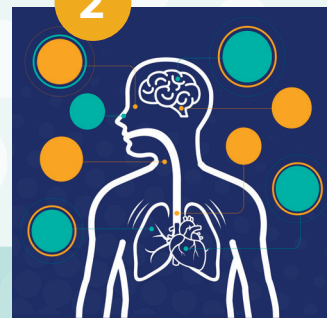
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Asthma and Other Health Conditions

This handout provides

INFORMATION for patients with other health conditions that may occur at the same time as asthma. Consult your health care provider for information on your specific health situation.

2



Asthma may occur at the same time as other health conditions.

3

Asthma
+
Other Health Conditions
at the Same Time
=
**COMORBID CONDITIONS
OR COMORBIDITIES**

Even with appropriate treatment for asthma, you may continue to have respiratory symptoms. These respiratory symptoms may be due to another health condition.

When health conditions occur together, they are called comorbid conditions or comorbidities.

4



Cough



Wheeze



Shortness
of breath



Chest
tightness

Some comorbid conditions may cause asthma-like symptoms such as cough, wheeze, shortness of breath, or chest tightness.

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Having certain health conditions may make your asthma symptoms worse or more difficult to treat.

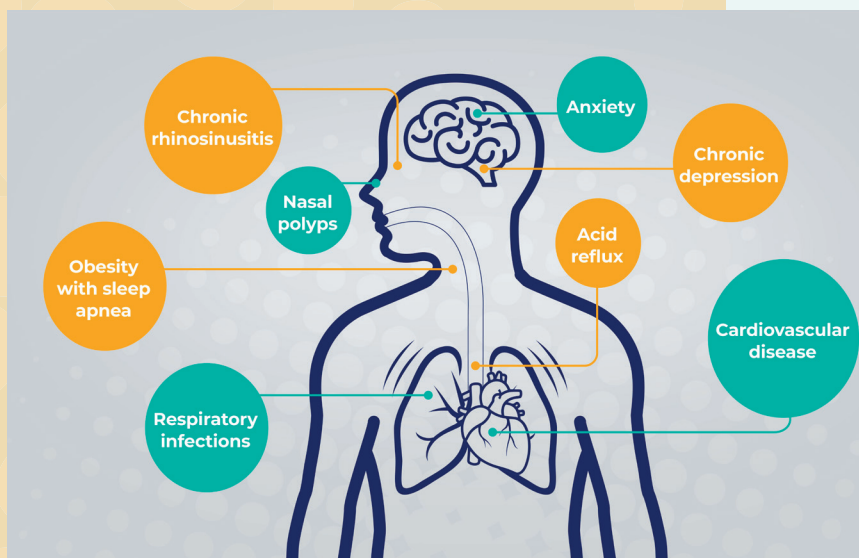
Talk with your health care provider about all of your symptoms.

Your health care provider may be able to identify if you have other health conditions, which may help control your asthma.

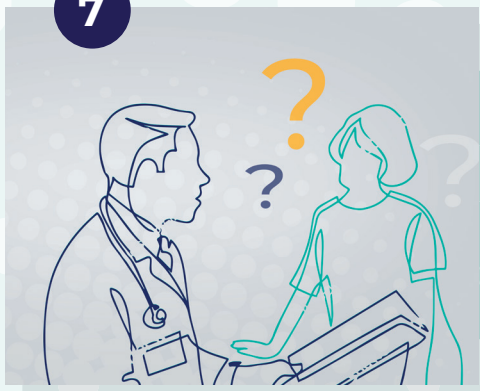
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People with asthma may also have these health conditions, including:

- Chronic Rhinosinusitis (inflammation in the nose and sinuses)
- Nasal Polyps (non-cancerous growths on the lining of your nasal passages or sinuses that may lead to breathing problems, loss of smell, or infections)
- Obesity With Sleep Apnea
- Respiratory Infections
- Anxiety
- Chronic Depression
- Acid Reflux (also called Gastroesophageal Reflux Disease, or GERD)
- Cardiovascular Disease



7



Ask your health care provider

if you could have a comorbid condition that affects control of your asthma.

8

See the following for examples of asthma-like symptoms that may be caused by each of the comorbid conditions.

9

OBESITY WITH SLEEP APNEA



Shortness of breath



Wheeze

These are not all of the possible symptoms.

10

ACID REFLUX



Cough



Wheeze



Chest tightness

These are not all of the possible symptoms.

11

RESPIRATORY INFECTIONS



Cough



Wheeze



Shortness of breath



Chest tightness

These are not all of the possible symptoms.

12

CARDIOVASCULAR DISEASE



Cough



Wheeze



Shortness of breath



Chest tightness

These are not all of the possible symptoms.

13

ANXIETY



Shortness of breath



Chest tightness

These are not all of the possible symptoms.

14

CHRONIC DEPRESSION



Chest tightness

These are not all of the possible symptoms.

15



Diagnosing your other health-related conditions may help you

and your health care provider manage your asthma. With treatment, you may have fewer respiratory symptoms and better asthma control.

Let your health care provider know about your symptoms, even if they seem unrelated to your asthma.