



# North Central District Health Department

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## **Pollen is in the Air!**

*NCDHD Encourages Residents with Asthma to Learn Their Triggers*

April showers bring May flowers! It also brings the growth of many trees, bushes and plants which produce pollen. Spring can be a difficult time for people who have asthma, especially if they have a pollen allergy. Asthma is a chronic disease that affects your lungs, causing your lungs to always be inflamed. It causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. According to the Centers for Disease Control and Prevention (CDC), 17.7 million adults (18 years and older) and 6.3 million children are living with asthma.

“Many people with asthma also have allergies,” said Patrice Sulik, North Central District Health Department (NCDHD) Director of Health. “It’s important to learn what triggers your asthma so that you can remove the triggers in your environment, if possible. Keeping a journal of your asthma episodes is a good way to identify what causes your asthma attacks.”

Asthma triggers are things that may make asthma symptoms start. Some examples include:

- Pollen
- House dust mites
- Sulfites and sulfating agents in foods

- Indoor/outdoor pollutants and irritants such as wood burning stoves or fireplaces, perfumes, cleaning agents or sprays
- Animal dander
- Mold
- Tobacco smoke
- Weather

“Even exercise can be a trigger,” said NCDHD board member, Fred Journalist of Ellington. “But that shouldn’t stop you from exercising. Your physician can help you develop a management plan so that you can continue to be active and stay healthy.”

There is no cure for asthma. It can be controlled by taking medicine and avoiding the triggers that can cause an attack. A treatment plan helps people with asthma manage their condition and improve their quality of life.

For more information on asthma visit the CDC website at [www.cdc.gov](http://www.cdc.gov).

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### **About NCDHD**

The North Central District Health Department (NCDHD) serves the communities of Enfield, East Windsor, Ellington, Stafford, Suffield, Vernon, Windham, and Windsor Locks. NCDHD is a full-time public health department with a full-time staff funded by its member towns and an annual per capita grant from the Connecticut State Department of Public Health. NCDHD provides professional public health services in the areas of health education and disease prevention, environmental health and emergency preparedness. The mission of NCDHD is to prevent disease,

injury, and disability by promoting and protecting the health and well-being of the public and our environment.

For more information about NCDHD visit [www.ncdhd.org](http://www.ncdhd.org).