

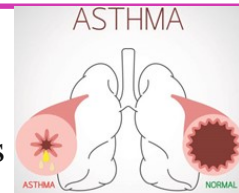


MAY 2022

Volume 7, Issue 4

VILLAGE TIMES

Asthma in Older Adults



Asthma is a common disease found in people over age 65. Asthma in older adults can cause serious health problems if not treated properly. If you are an older adult, or if you are the caregiver for an older person, this information will help you better understand asthma and how it should be managed in individuals age 65 and above. Please keep in mind that this information is not meant to take the place of medical advice from your own physician.

What is asthma?

Asthma is a disease of increased responsiveness or twitchiness of the airways to various stimuli including allergens and irritants that cause obstruction of the airways. Constriction of muscles around the airway and inflammation result in swelling of the lining of the airway and increased secretion of mucous in the airway. This causes difficulty in breathing and cough.

How is asthma different in older adults? Most people with asthma experience their first symptoms at a young age. But asthma can develop for anyone at any age. It is not uncommon for adults in their 70s or 80s to develop asthma symptoms for the first time. When asthma does occur at a later age, the symptoms are much like those experienced by anyone else. The most common causes of an asthma flare up are a respiratory infection or virus, exercise, allergens, and air pollution (an irritant). Allergens and irritants are substances found in our everyday environment. People who have asthma may experience wheezing, cough, shortness of breath, and chest tightness.

Asthma creates a much greater risk for older adults because they are more likely to develop respiratory failure as a result of the asthma, even during mild episodes of symptoms. Unlike asthma in younger persons, asthma in older adults rarely goes into remission. Instead, asthma is more likely to remain a potentially serious, and many times, a disabling disease.

Why is asthma difficult to diagnose in older adults? A diagnosis of asthma may be missed in an older person because symptoms of other health conditions are similar to asthma symptoms and may mask the specific symptoms. Asthma symptoms among older adults are more likely to take the form of coughing with the production of sputum (the fluid coughed out) from the lungs. Your physician might interpret those symptoms as being due to other illnesses, such as chronic bronchitis or congestive heart failure. In particular, heart disease and emphysema, much more common in older adults, especially smokers, can mimic asthma symptoms.

Who is likely to develop asthma as they grow older? Patients with asthma during earlier life may have temporary resolution of asthma with return of illness in adulthood (generally; however is 30-40s). Patients may also develop sinus disease in adulthood with later development of asthma. This latter subgroup tends to have very severe disease (again, commonly seen in the 40s and more common in women).

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Asthma symptoms can be treated with a variety of prescription medications that provide quick relief as well as long term control. Lifestyle changes can also reduce symptoms, especially if asthma is triggered by allergies to substances in the environment or to certain foods (although often quoted, food as the only cause of asthma in the elderly is extremely rare). Regular vaccinations for influenza and pneumonia are strongly recommended for older adults with asthma. **Are there special considerations in treating asthma in older adults?**

Yes. First of all, treatment of asthma for older adults can be complicated by the fact that so many older people take multiple medications for various health conditions. Some asthma medications can react with those other treatments, causing unpleasant side effects. In addition, other medications may actually worsen asthma symptoms. Secondly, older patients are more likely than younger patients to have mental confusion or memory problems. This may be the result of normal aging or of an illness, such as Alzheimer's disease. Whatever the cause, these problems can make it difficult for certain older patients to follow treatment instructions — especially if that person takes medications for a variety of health conditions. Additionally, many asthma medications come in the form of an L-shaped metered dose inhaler which requires a certain degree of manual coordination and dexterity. Older people are more likely to have difficulty with this type of medication device, and in using it, may not receive the correct dose. Treatment with a dry powder inhaler or oral medications can help older asthma patients avoid problems with use of L-shaped inhalers. **Who should treat this particular aspect of asthma or allergies?** Many older patients are treated for asthma by their internist or family physician; however, if your asthma symptoms are not under control within three to six months, or if you have severe persistent asthma, or if you are having asthma episodes that need emergency treatment, it may be time to see an asthma specialist. Allergists/Immunologists or pulmonologists (who specialize in the treatment of lung diseases) are specialists who treat asthma. Those who have completed training in those specialties are usually called board-certified or board-eligible.



DESK OF Service Coordinator:
Mrs. Beverly Jefferson

ALL Meal on Wheels Tenants

Workshop: **May 6' 2022** at 10:00 a.m.
In the community room

Workshop: Sweetners at Miracle Village
May 4, 2022 at 10:45 a.m.
In community room

Workshop: Insurance
May 10, 2022 at 1:00 p.m.
Ice Cream Social
In community room

Workshop: Spring Cleaning
May 24, 2022 at 1:30 p.m.
In the community room

MEALS ON WHEELS LUNCH

Pick up time: 9:30 a.m. – 10:30 a.m.

*Welcome Mrs. Cindy Moore our new volunteer
with the Meals on Wheels Program*



Nutrition Facts

Serving Size: 1 Amazing Woman

	Daily Value %
UNCONDITIONAL LOVE	1000 %
PATIENCE	500 %
HARD WORK	100 %
MULTITASKING	110 %
SLEEP	1 %
CAFFIEINE	150 %
REGRET	0 %

*To the **World**, she is a **MOM**, but to her
Family she is the **WORLD**.*

DESK OF Management Agent:
Mrs. Agatha Muse-Lamb

**NON - MAINTENANCE RELATED - PLEASE CALL
(850) 933-6009 (Ms. Davis - On-Site Monitor)
ALL MAINTENANCE EMERGENCIES - PLEASE CALL
(850) 933-3019**

**FACE MASKS ARE TO BE WORN PROPERLY
ANYTIME
OUTSIDE OF YOUR APARTMENT**



REMEMBER TO LOCK YOUR CAR DOORS

**BUSINESS OFFICE HOURS
MONDAY - FRIDAY
8:30 AM - 3:30 PM
LUNCH BREAK: 1:30 - 2:00 DAILY
OFFICE CLOSSES DAILY AT 4:00 PM
(850) 222-0561**

**SERVICE COORDINATOR HOURS
MONDAY-TUESDAY-WEDNESDAY
9:00 AM - 3:00 PM**

STAFF AND MANAGEMENT

**Ms. Katrina Harvey, Residential Manager (850) 933-2483
Mrs. Patrece Broadnax, Asst. Residential Manager
Maintenance Mechanic
Mrs. Beverly Jefferson, Service Coordinator (850) 222-0277
Ms. Patricia Davis, On-Site Monitor
Management Agent, Mrs. Agatha Muse-Lamb (850) 933-4156**

Key to Independent Living

