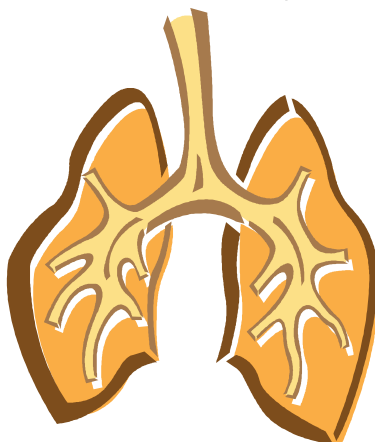


October – Healthy Lungs



Do you know why most kids miss school?

Asthma is the number one reason. More than 20 million Americans of all ages have this chronic lung condition—a disease that causes airways to tighten and narrow. Managing asthma involves knowing and avoiding asthma triggers, such as smoke, pesticides, pollens, food allergies, cleaning products and perfumes. Asthma can be a life-threatening condition, and it should be evaluated and managed by a doctor.

Source: American Academy of Family Physicians

Tip of the week brought to you by:

The Prairie View A&M University Office of Human Resources, Blue Cross Blue Shield of Texas, & the PV Pathway to Total You Wellness Initiative, join us on the journey!

A graphic titled "Healthy tips" featuring a photograph of a diverse group of people (a woman, a man, and a child) in a kitchen, preparing food together. The woman is in the foreground, smiling and looking down at a bowl of green vegetables. The man and child are in the background, also engaged in the cooking process. The graphic has a light blue background with a white wave-like shape at the bottom. The BlueCross BlueShield of Texas logo is prominently displayed in the center-right. The website address www.bcbstx.com is at the bottom right. Small text at the bottom left reads: "A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association".

Healthy tips

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