



Coping With Asthma and Allergy: Avoid the Worst Ranked Cities

by NEWLIFEOUTLOOK TEAM

Worst Cities for Asthma

The fact that there is no cure for asthma as of yet means 22 million people in the United States continue to suffer from this chronic condition. For someone who is struggling with asthma or allergic conditions, living in a place which has less environmental pollution and risk factors is important. This ensures a better quality of life and less episodes of asthma occurring.

You may think the primary threat or trigger for asthma is air pollution, but there are a lot more to consider. When living with asthma, despite having enough number of specialists around you, your living conditions are also an important factor. A number of factors such as second hand smoke, pollen, being uninsured, and poverty are all issues. Knowledge about which cities are the worst for those with this condition may be something to consider when relocating.

Worst Cities for People with Asthma and Allergies

Richmond, Virginia occupies the top spot as one of the worst cities for those with asthma and allergies. With a high crude death rate for asthma, large numbers of uninsured people, increasing rates of emergency visits, and high levels of pollen and pollution throughout the entire year. Regarding the top 10 list, poor utilization of medical facilities, poor public smoking laws, and low number of specialists to deal with the condition are also factors that make these cities among the worst for those with these allergic disorders.

1. Richmond, Virginia
2. Chattanooga, Tennessee
3. Memphis, Tennessee
4. Philadelphia, Pennsylvania
5. Oklahoma City, Oklahoma
6. Detroit, Michigan
7. Dayton, Ohio
8. Mc Allen, Texas
9. Atlanta, Georgia
10. Knoxville, Tennessee

The annual prevalence rates for asthma in the U.S. are also an important number that has contributed to the city ranking. Among many people who have asthma and allergies, regular use of medication is often low. This is another reason why this condition is not adequately controlled. Many restaurants and other public areas do not have a ban on smoking, which results in second hand smoke also aggravating asthma and allergies in those having problems.

Having a proper program in place in schools and passing a smoke-free law that will help exposure to second-hand smoke at the workplace are also something that will improve the condition. Many P.E. educators are

unaware that rigorous exercise and physical activity can also result in severe difficulties in students. Educating people about this condition will help to handle and manage the symptoms better.

About 10-15 percent of the people with asthma are believed to have a severe form of the condition and do not respond to regular treatment well. People with more severe forms are regular visitors to the emergency room and have to be hospitalized more often. Risk of death is also greater in these people. There is a great burden on the health care system due to this condition.

By naming the top cities associated with asthma helps to address the need to bring about changes to living conditions that aggravate these health problems. Other important treatment options include offering a better quality of life, calling attention to the epidemic condition of this illness, alleviating the chronic occurrences, and providing better medical care. A city may not be the best choice for someone with severe asthma or allergy issues.