



THE SALTON SEA

ASTHMA

OUR COMMUNITY

PULLING UP IN FRONT OF CALIFORNIA'S
BIGGEST LAKE, THE SALTON SEA, IS A
SURREAL EXPERIENCE.

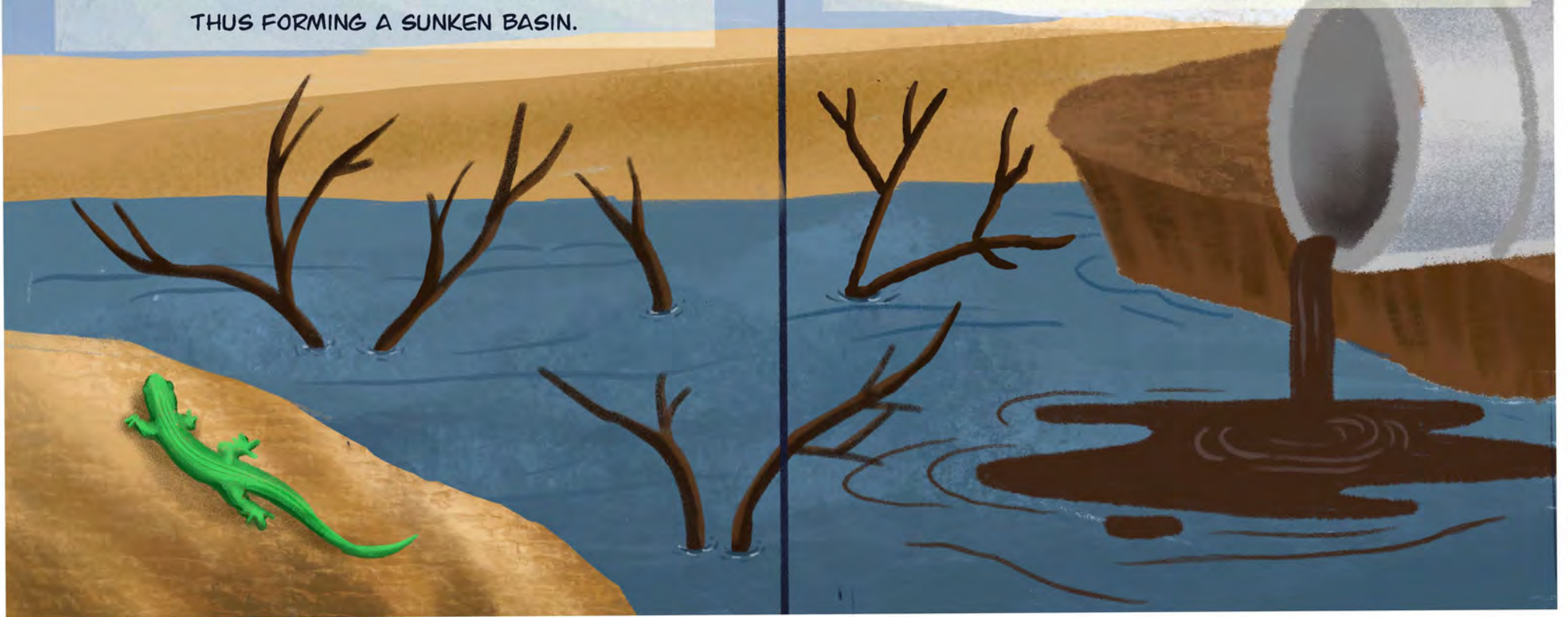


IT HAS GREAT VIEWS ALL SEASONS,
THINGS HERE HAVE THEIR OWN
AESTHETICS- BUT ALSO, TOXINS. WHAT
EXACTLY, HAS BROUGHT THIS FATE TO
THE SALTON SEA?



THE SALTON SEA IS LOCATED AT ONE OF THE LOWEST POINTS IN THE COUNTRY- ITS SURFACE IS OVER 200 FEET BELOW SEA LEVEL- SO ITS WATER DOES NOT FLOW OUT THROUGH A RIVER OR STREAM, THUS FORMING A SUNKEN BASIN.

CHEMICALS FROM THE FARMS NEARBY HAVE CONSTANTLY FLOWED INTO THE SALTON SEA, AND WITHOUT A OUTLET, THE WATER IN THE LAKE CAN ONLY BE ABSORBED BY THE GROUND OR EVAPORATE.



THE TOXINS IN THE SALTON SEA CONTAIN
BUT ARE NOT LIMITED TO

HERBICIDES

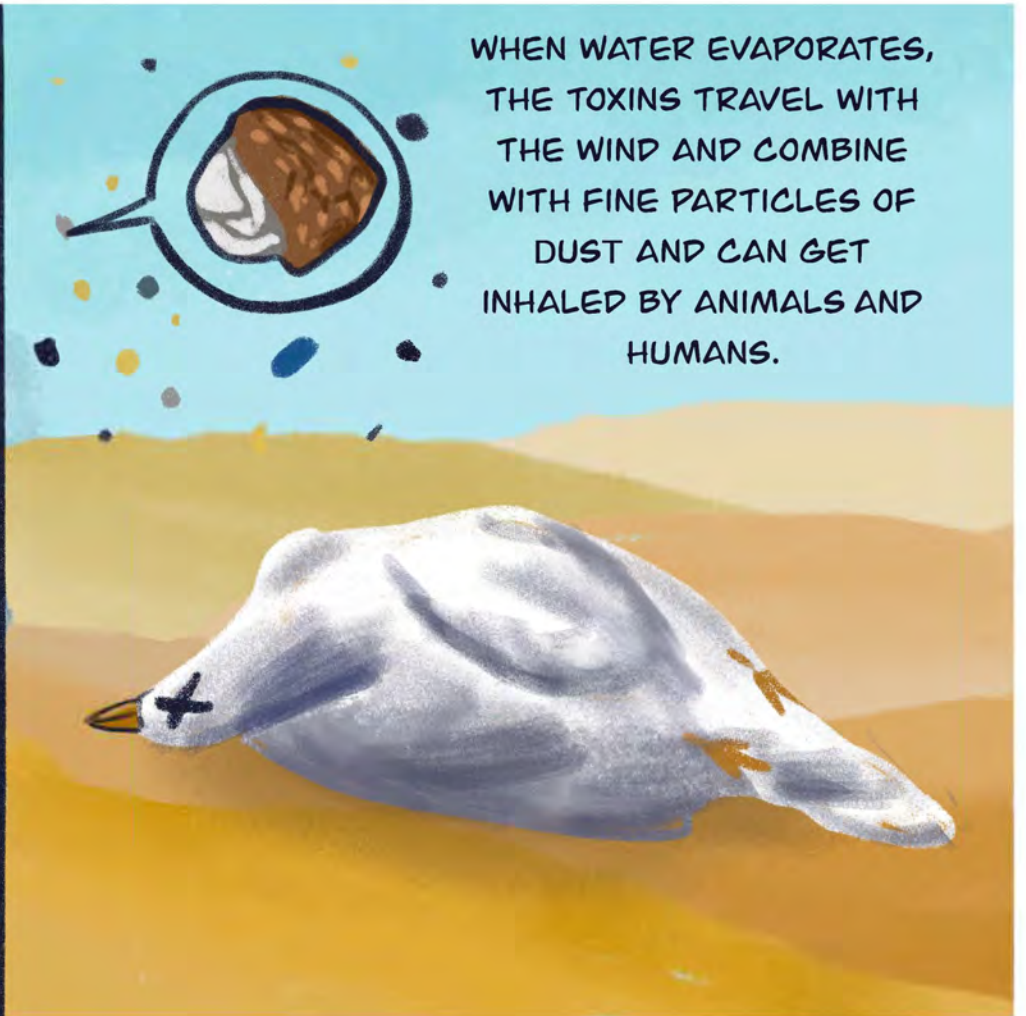
HEAVY METALS

PESTICIDES

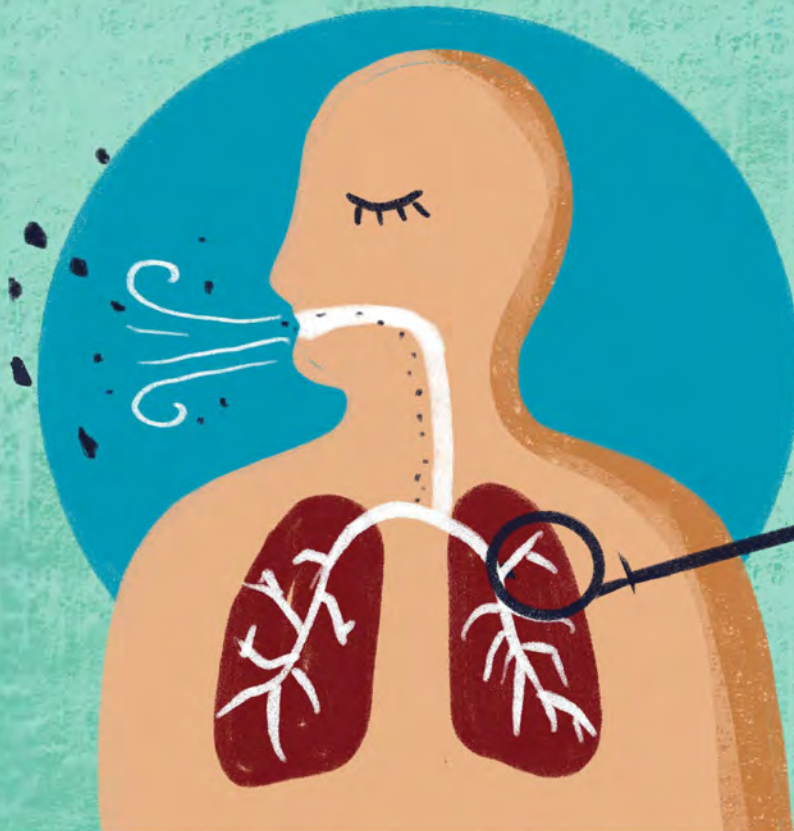
CYANOBACTERIA



WHEN WATER EVAPORATES,
THE TOXINS TRAVEL WITH
THE WIND AND COMBINE
WITH FINE PARTICLES OF
DUST AND CAN GET
INHALED BY ANIMALS AND
HUMANS.

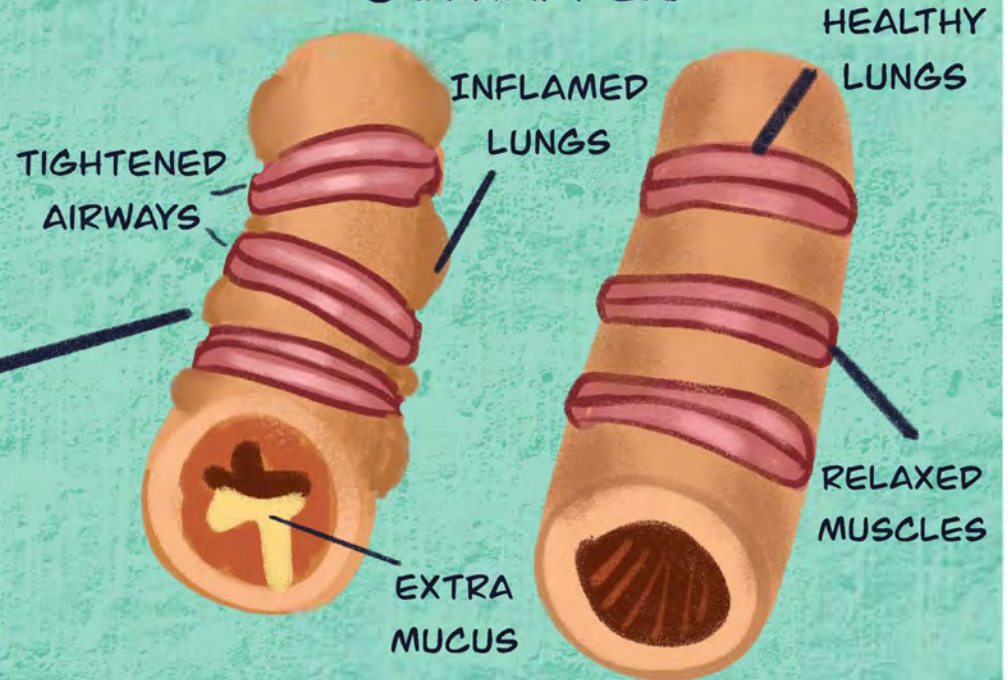


WHEN WE INHALE THE TOXINS, IT
INFLAMES OUR AIRWAYS.



THE INSIDE WALLS OF THE AIRWAYS BECOME
SWOLLEN. MEMBRANES IN THE LININGS MAY SECRETE
EXCESS MUCUS.

THAT'S WHEN AN ASTHMA ATTACK
CAN HAPPEN.



SYMPTOMS OF ASTHMA



DIFFICULTY
BREATHING



CHEST PAIN



WHEEZING



PALPITATIONS
(RAPID, STRONG, IRREGULAR
HEARTBEAT)



COUGHING



HEADACHE

GO TO THE HOSPITAL WHEN



INHALER STOPPED
WORKING

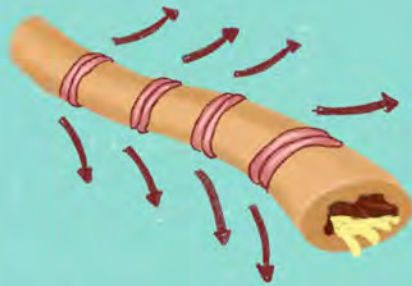
BLUE LIPS



BLUE FINGERS



RESCUE INHALERS ARE USED WHEN ASTHMA ATTACKS, BUT IS IT ALL WE NEED?



WORKS LIKE A MUSCLE RELAXER, IT LOOSENS YOUR MUSCLES, MAKES IT EASIER TO BREATHE.

BUT IT DOESN'T TREAT THE INFLAMMATION- IF INFLAMMATION IS NOT TREATED, IT WILL SCAR YOUR AIRWAYS AND LEAVE PERMANENT DAMAGE.



THAT'S WHY SEVERAL TREATMENTS ARE GIVEN TOGETHER TO CONTROL IT BETTER.

RELIEVERS



THESE MEDICINES HELP QUICKLY WIDEN YOUR AIRWAYS, ALLOWING FOR IMPROVED AIR FLOW.

THIS TYPE OF PRESCRIPTION IS THE CHOICE FOR ACUTE RELIEF OF ASTHMA SYMPTOMS AND CAN PREVENT SYMPTOMS FROM GETTING WORSE, KEEP YOURS WITH YOU AT ALL TIMES.

CONTROLLER



THESE MEDICATIONS REDUCE THE INFLAMMATION IN THE LUNGS, PREVENTING ASTHMA SYMPTOMS OVER THE LONG TERM. CONTROLLERS USUALLY HAVE STEROIDS IN THEM, AND ARE USED EVERY DAY -- EVEN IF YOU DON'T HAVE ANY ACUTE SYMPTOMS.

PREVENTER



ANTI-INFLAMMATORY MEDICATIONS. THEY MAKE YOUR AIRWAYS LESS SENSITIVE BY REDUCING THE SWELLING OF THE LINING OF YOUR AIRWAYS AND DECREASING THE PRODUCTION OF MUCUS. THEY HELP KEEP YOUR AIRWAY OPEN ALL THE TIME.

FOR YOUR HEALTH, PLEASE DON'T BUY CHEAP
INHALERS WITHOUT A PRESCRIPTION, BECAUSE
THEY MIGHT NOT BE THE RIGHT
TREATMENT FOR YOU.



GO TO THE HOSPITAL AND GET A DIAGNOSIS,
LET YOUR DOCTOR MAKE A TREATMENT PLAN
FOR YOU.



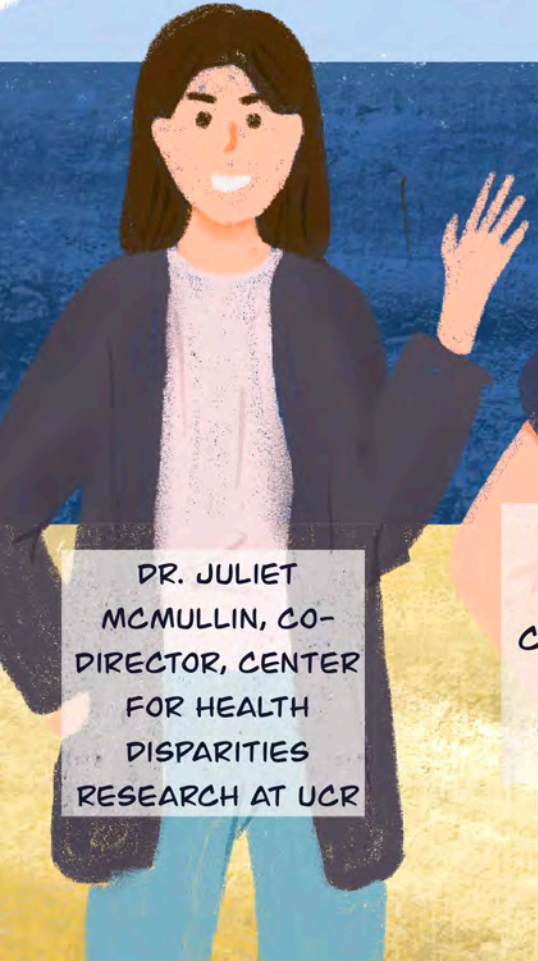
MEET OUR RESEARCH TEAM.

WE ARE GATHERING PROFESSIONALS FROM DIFFERENT AREAS TO DO RESEARCH TOGETHER AT THE MOMENT .

WE ARE CONDUCTING A STUDY TO DETERMINE THE EFFECTS OF THE SPECIFIC AEROSOLS FROM THE SALTON SEA ON LUNG INFLAMMATION. THE GOAL IS TO OBSERVE AND IDENTIFY ANY REACTIONS OCCURRING IN THE MICE AND DETERMINE WHETHER THESE REACTIONS IS RELATIVE TO THOSE OF THE PEOPLE LIVING IN THE SALTON SEA REGION EXPERIENCE.

WE ARE WORKING WITH THE COMMUNITY IN THE EASTERN COACHELLA VEY AND IS INFORMING THEM ABOUT THE RESEARCH BEING DONE.

WE ALSO HELP LEAD THE CONVERSATIONS ABOUT POLICY CHANGES THAT MAY HELP THE COMMUNITY AND THOSE IMPACTED BY NEGATIVE HEALTH OUTCOMES FROM LIVING NEAR THE SALTON SEA.



DR. JULIET
MCMULLIN, CO-
DIRECTOR, CENTER
FOR HEALTH
DISPARITIES
RESEARCH AT UCR



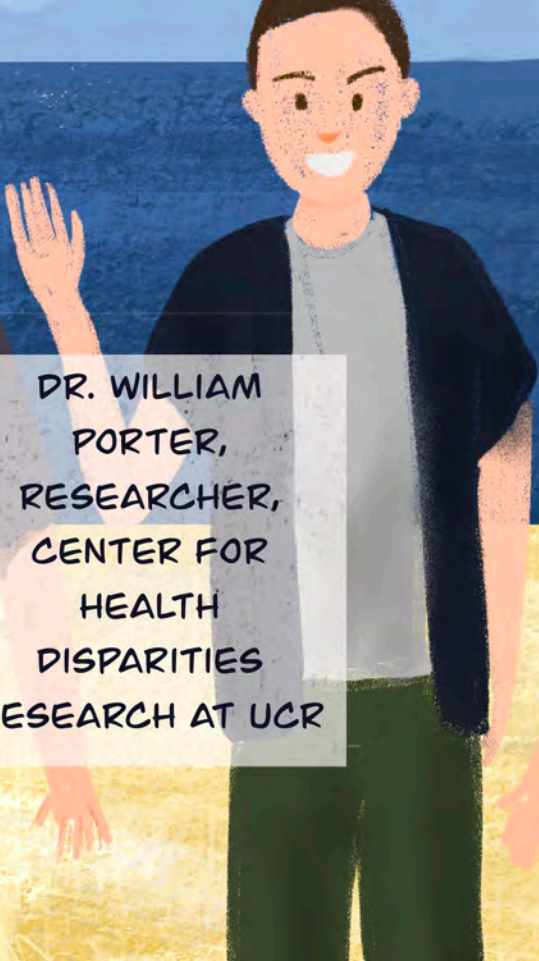
DR. DAVID LO,
CO-DIRECTOR,
CENTER FOR HEALTH
DISPARITIES
RESEARCH AT UCR



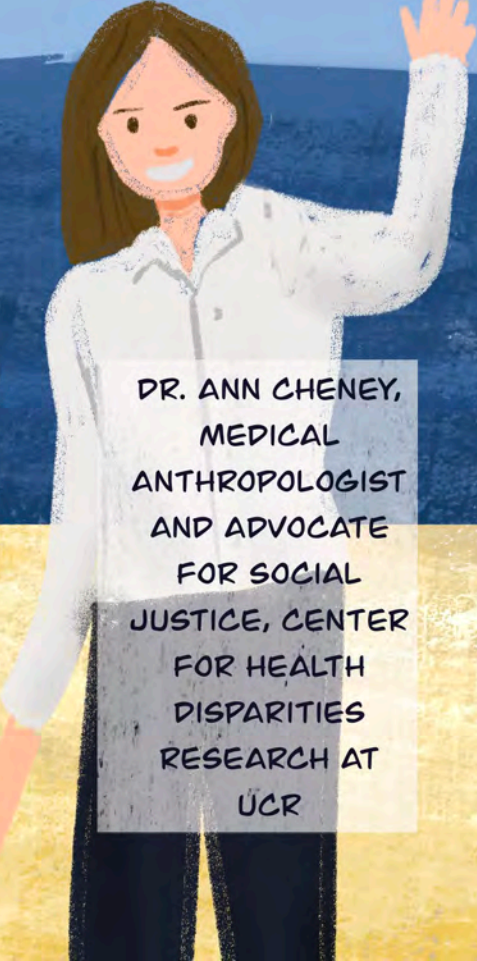
MARIA
(CONCHITA)
POZAR,
PROMOTORA,
COMMUNITY
ADVISORY BOARD.



DR. EMMA
ARONSON,
ENVIRONMENTAL
BIOLOGIST, CENTER
FOR HEALTH
DISPARITIES
RESEARCH AT UCR



DR. WILLIAM
PORTER,
RESEARCHER,
CENTER FOR
HEALTH
DISPARITIES
RESEARCH AT UCR



DR. ANN CHENEY,
MEDICAL
ANTHROPOLOGIST
AND ADVOCATE
FOR SOCIAL
JUSTICE, CENTER
FOR HEALTH
DISPARITIES
RESEARCH AT
UCR



WE ARE HERE TO HELP.

**CENTER FOR HEALTH DISPARITIES RESEARCH
AT UC RIVERSIDE**

**WEBSITE: HEALTHDISPARITIES.UCR.EDU
EMAIL: HEALTHDISPARITIES@MEDSCH.UCR.EDU**

IN EMERGENCY, PLEASE CALL 911.