**Alice Martinez – Asthma**  
**Overview:**  
Alice Martinez is a 45-year-old school teacher who has been managing asthma since childhood. She experiences chronic inflammation and constriction of the airways. She lives at 234 Birch Road, Rivertown, NJ, 07001. Contact number: (555) 345-6789.

**Medical History:**

* **Past Medical History:** Diagnosed with asthma at age 7. Developed allergic rhinitis 5 years ago.
* **Surgical History:** None.
* **Family Medical History:** Mother has asthma; father has a history of allergies.
* **Allergies:** Allergic to dust mites and pollen.
* **Medications:** Uses inhaled corticosteroids and a rescue inhaler as needed.
* **Lifestyle:** Avoids known allergens, follows a balanced diet, and is a non-smoker.

**Previous Doctors:**  
Dr. Laura Stevens, her pulmonologist, manages her asthma with medication and lifestyle recommendations. Dr. James Brown, her primary care physician, coordinates her overall health care.

**Symptoms:**  
Alice experiences shortness of breath, wheezing, and coughing, especially during allergy season. Symptoms are controlled with medication and avoidance of triggers.

**Diagnosis:**  
Asthma was diagnosed through pulmonary function tests and a history of respiratory symptoms that vary with exposure to allergens and exercise.

**Treatment:**  
Treatment includes daily use of inhaled corticosteroids, a rescue inhaler for acute symptoms, and regular follow-ups to adjust medication as necessary.