

Coping with Asthma

Understanding Asthma

- Recognizing symptoms
 - Shortness of breath
 - Wheezing
 - Chest tightness
- Identifying triggers
 - Allergens (pollen, pet dander)
 - Irritants (smoke, strong odors)
 - Respiratory infections

Managing Asthma Attacks

- Using rescue inhalers
 - Follow prescribed dosage and technique.
 - Seek immediate medical help for severe attacks.
- Practicing breathing techniques
 - Slow, deep breaths during an attack.
 - Relaxation exercises to reduce stress and anxiety.

Medication and Treatment

- Controller medications
 - Daily use to prevent asthma symptoms.
 - Types: inhaled corticosteroids, long-acting bronchodilators.
- Allergy shots (immunotherapy)
 - Reduce sensitivity to allergens over time.
 - Consult an allergist for personalized treatment.

Lifestyle Adjustments

- Avoiding triggers
 - Minimize exposure to known allergens and irritants.
 - Use air purifiers and allergen-proof bedding.
- Regular exercise
 - Follow an asthma action plan for physical activity.
 - Warm up and cool down to prevent exercise-induced symptoms.

Creating an Asthma Action Plan

- Working with healthcare providers
 - Develop a personalized asthma management plan.
 - Include medication instructions, triggers, and emergency contacts.
- Monitoring symptoms
 - Keep a symptom diary to track triggers and responses to medication.
 - Follow up with healthcare providers for regular check-ups.

Educating Others

- Family and caregivers
 - Teach them to recognize asthma symptoms and respond appropriately.
 - Share the asthma action plan and emergency procedures.
- School/workplace
 - Inform teachers, colleagues, and supervisors about asthma management needs.
 - Provide necessary documentation and medications for emergencies.

Emergency Preparedness

- Knowing when to seek emergency care
 - Signs of severe asthma attack (difficulty breathing, bluish lips/nails)
 - Have a written emergency plan and know when to use it.
- Having emergency medication on hand
 - Carry rescue inhalers or nebulizers as prescribed.
 - Keep emergency contacts readily available.