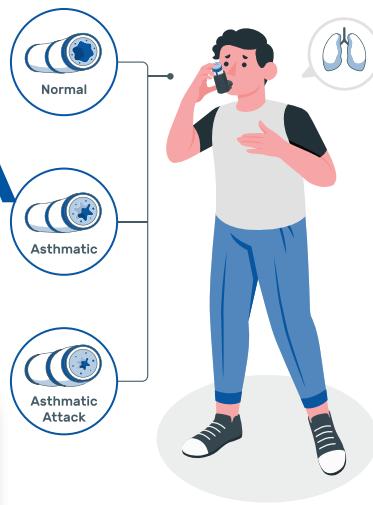


HOW TO CARE FOR ASTHMA

IN ADULTS AND CHILDREN

Understanding Asthma



Asthma is a chronic condition that causes inflammation in the airways, making it harder to breathe. It can affect both adults and children, and symptoms can range from mild to severe.

Common asthma symptoms include:

- Wheezing
- Shortness of breath
- Coughing, especially at night
- Chest tightness or pain

Asthma can be managed effectively with the right care plan. Knowing what to do during calm and flare-up periods is key.

Managing Asthma at Home

Know the Triggers

Common triggers include:

- Allergens (pollen, dust mites, pets)
- Smoke or strong odours
- Cold air or weather changes
- Respiratory infections
- Exercise

Try to avoid or reduce exposure to known triggers whenever possible.

Use Medication as Directed

There are two main types of asthma medications:

- Quick-relief (rescue) inhalers: for fast symptom relief during attacks
- Long-term control medications: taken daily to prevent symptoms

Always follow the doctor's instructions regarding inhaler use. Keep inhalers close and make sure they are not expired.

A peak flow meter helps you track how well your lungs are working. By measuring how fast you can blow air out, it can show early signs of worsening asthma—even before you feel symptoms.

How to use it:

- Take a deep breath and blow out hard into the meter
- Do this three times and record the highest number
- Check daily and compare to your personal best

What the results mean:

- **Green (80–100%)** – Asthma is well controlled
- **Yellow (50–79%)** – Caution: follow your asthma action plan
- **Red (below 50%)** – Seek medical help immediately

Ask your asthma nurse or doctor if you need help using your meter or interpreting results.



Monitor Symptoms Regularly

- Use a peak flow meter if recommended, to measure how well the lungs are working.
- Keep track of how often symptoms occur.
- Record symptoms and medication use in a daily asthma diary.

Create an Asthma Action Plan

Work with your doctor to make a personalised plan that includes:

- Daily medications
- What to do when symptoms start
- When to use the rescue inhaler
- When to seek emergency care

Share the plan with caregivers, teachers, or coaches if it's for a child.

Maintain a Healthy Environment

- Use air purifiers or filters at home
- Keep living areas clean and free from dust or mold
- Wash bedding in hot water weekly and avoid smoking indoors.

When to Call a Doctor or Go to the ER

Seek immediate medical help if:

- Breathing becomes very difficult or rapid
- There is wheezing that doesn't improve with medication
- There is trouble speaking or walking due to breathlessness
- Quick-relief inhaler is needed more often than usual.



FAQs

Some Common Questions about Asthma

Q: Can asthma go away with age?

A: Some children 'grow out' of asthma, but many continue to have symptoms into adulthood. Asthma in adults often requires long-term management.

Q: Can I exercise with asthma?

A: Yes! With proper medication and warm-up, many people with asthma can exercise safely. Always consult your doctor and follow your action plan.

Q: Should I use the inhaler every day?

A: Only if it's a daily controller medication. Rescue inhalers should not be used more than prescribed. Overuse can signal poor asthma control. Talk to your doctor if you have any concerns about your inhaler or other medication.

With the right tools, asthma can be managed and life can be lived fully. Ensure that you or your child keep up with medications, avoid triggers, and follow the prescribed asthma action plan. When in doubt, reach out to your healthcare provider.