

ASTHMA GUIDE: HOW TO CONTROL YOUR ASTHMA

What is asthma?

Asthma is a disease that affects the lungs. Asthma affects everybody differently, usually it causes wheezing, coughing, or shortness of breath. Asthma cannot be cured but by taking medicine and avoiding “triggers” you can control your asthma.

What is an asthma attack?

An asthma attack is when your lungs and airways tighten up making it difficult to breath. Everybody’s symptoms are different, shortness of breath, cough, wheezing, and chest pressure are common symptoms. It is important to learn your symptoms, and take your medicine as soon as you feel you are having an asthma attack.

How do you control asthma?

The most important thing is take medicine prescribed by your doctor and avoid triggers that cause your asthma. Make sure you follow the directions given by your doctor on when, and how, to take the medicine. If you do these things, you can control your asthma.

What are asthma triggers?

Asthma triggers are things that can cause an asthma attack or make asthma worse. Reducing these triggers will improve asthma control, decrease asthma attacks, and decrease need for asthma medications. Below are some common triggers:

- Smoke
- Dust
- Pollen and Mold
- Pets
- Strong Odors and Sprays
- Exercise, Sports, Work, and Play

I want to get my asthma under control!

The first step is talking to your doctor and developing an asthma action plan. The next step is reducing triggers in your home, and avoiding outside triggers. If you take your medicine and recognize what is causing your asthma, you too can control your asthma!