



Let's Talk About Asthma



Common symptoms of asthma:

Asthma is a chronic disease characterized by recurrent attacks of breathlessness and wheezing, which vary in severity and frequency from person to person.



Chest tightness



Coughing



Wheezing



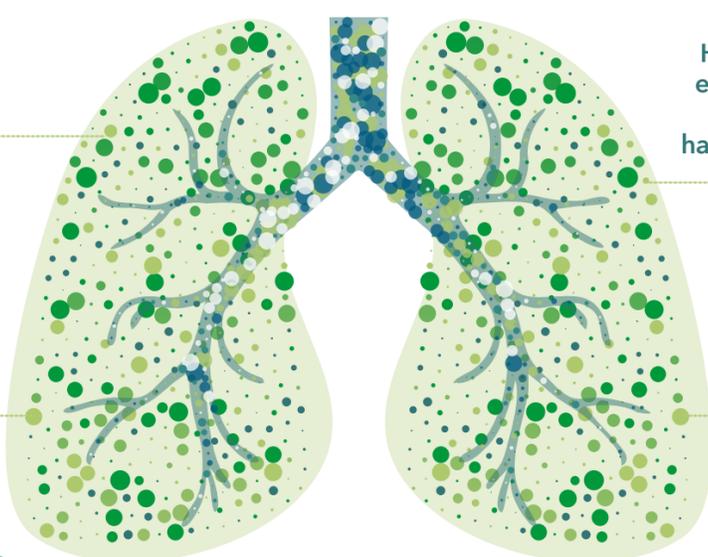
Feeling short of breath

How do you get asthma?

We don't know exactly what causes asthma, but it's more common in people who:

Have eczema, hayfever or other allergies

Have been exposed to irritants or pollution, usually at work



Have been exposed to environmental tobacco smoke, who smoke or have smoked in the past

Have a family history of asthma, eczema, hayfever or other allergies

What are asthma triggers?

A trigger is something that irritates a person's airways, that can make symptoms worse. Identifying and avoiding triggers is an important part of asthma management.

Common triggers of an asthma attack are:

- Animal allergens
- Colds and infections
- Cold air
- Exercise
- House dust mites
- Medicines
- Mold
- Pollen
- Pollution
- Smoking
- Stress



Every person's triggers may be different.



What may help to keep asthma under control?



Stop smoking

If you smoke, quitting is the most important change you can make to your lifestyle, both for your asthma and your general health and wellbeing.



Eat a healthy diet

A healthy diet can help keep your lungs healthy and boost your immune system.



Exercise regularly

Regular exercise can help control asthma symptoms by increasing your lung capacity and building up your fitness level.



Create a self-management plan with your healthcare provider

People who have a written self-management plan are less likely to need emergency hospital treatment for their asthma.

What is a self-management plan for asthma?

People with asthma can work with their healthcare providers to develop an individual self-management plan.

A self-management plan is a written record of:

- Current medication(s)
- Triggers that may make asthma worse
- How to help keep symptoms under control
- What to do if symptoms get worse
- When to get help



If anything changes, the self-management plan may need to change too, so it's important to bring it to asthma appointments.