

Helpful Tips for Asthma



ASTHMA

- 1** If your doctor prescribes a long-term control medicine, take it every day to control your asthma
- 2** Avoid triggers including
 - Allergens from dust, animal fur, cockroaches, mold, and pollens from trees, grasses, and flowers
 - Irritants such as cigarette smoke, air pollution, chemicals, or dust in the workplace, compounds in home décor products, and sprays (such as hairspray)
 - Medicines such as aspirin or other nonsteroidal anti-inflammatory drugs and nonselective beta-blockers
 - Sulfites in foods and drinks
 - Viral upper respiratory infections, such as colds
 - Furry or feathered pets (ie, cats, dogs, or birds)
 - Physical activity, including exercise
- 3** However, physical activity is one trigger you should not avoid except upon the advice of your health care professional. Physical activity is an important part of a healthy lifestyle
- 4** Be aware of the following warning signs
 - Your asthma symptoms start to occur more often, are more severe, or bother you at night and cause you to lose sleep
 - You have to use your quick-relief inhaler more often
 - You have blue lips or fingernails (Call 911 for emergency care)
- 5** Your asthma is well-controlled if
 - you have symptoms no more than 2 days a week and these symptoms don't wake you from sleep more than 1 or 2 nights a month
 - you can do all your normal activities
 - you take quick-relief medicines no more than 2 days a week
 - you have no more than one asthma attack a year that requires you to take corticosteroids by mouth
 - your peak flow doesn't drop below 80 percent of your personal best normal

My Asthma Medications

Dosing

My Next Appointment Is
