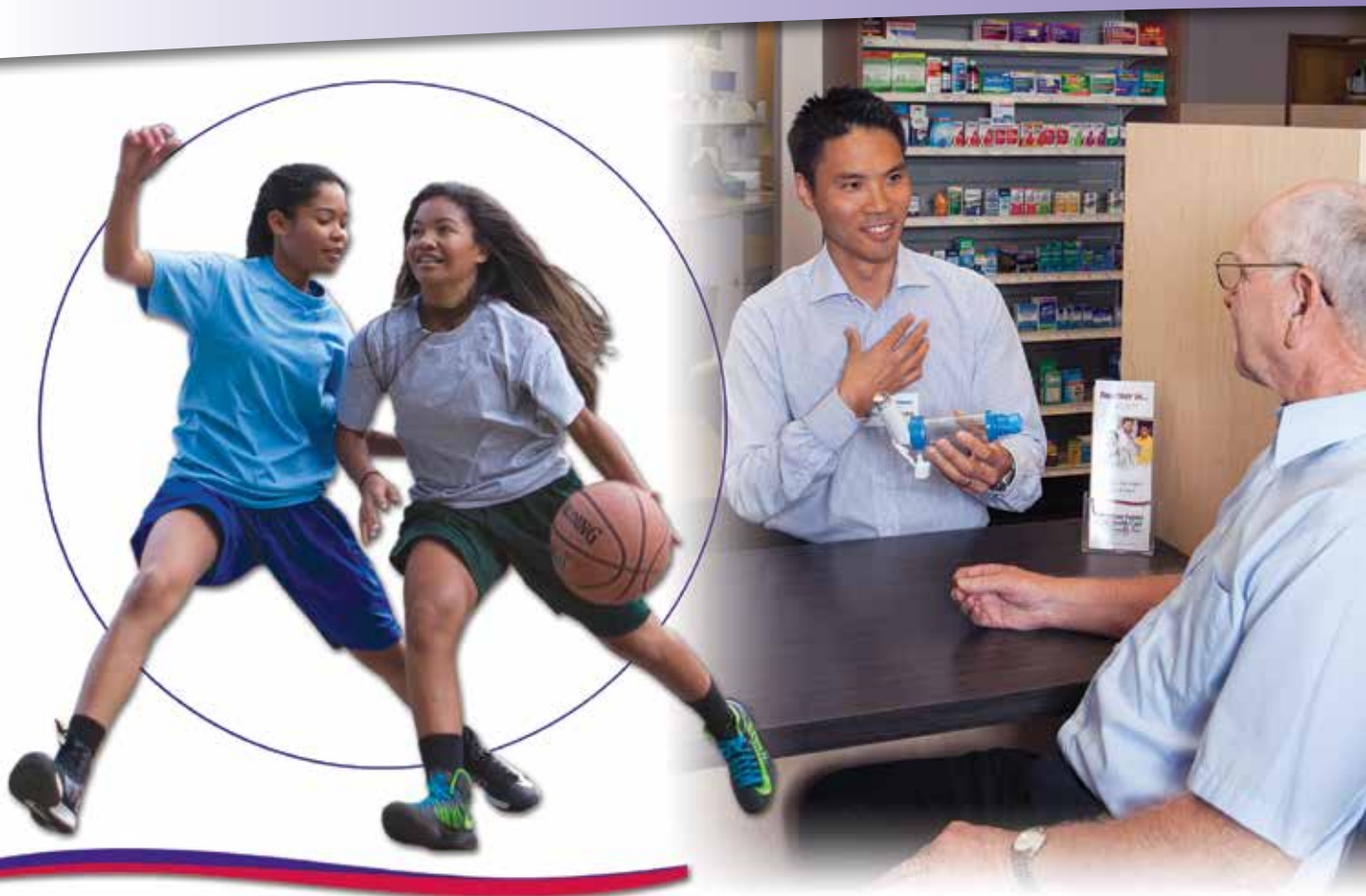


Control Asthma



Together in...

health

"for a healthy future"



Para español vea al reverso

What is Asthma?

Asthma is a lung disease that makes it hard to breathe. If you have asthma, you may:

- Cough
- Wheeze
- Be short of breath

Talk to your doctor if you have these symptoms.

What are Asthma Attacks?

Asthma attacks happen when asthma is out of control. During an asthma attack, the airways start to close and it gets harder to breathe. Severe asthma attacks can close the airways off. Asthma attacks can be set off by triggers. Some Common Triggers Are:

- Pets
- Mold
- Smoke
- Air Pollution
- Strong smells, such as perfumes and cleaning products
- Exercise
- Pollen
- Stress
- Dust mites
- Changes in the weather
- Insects and pests



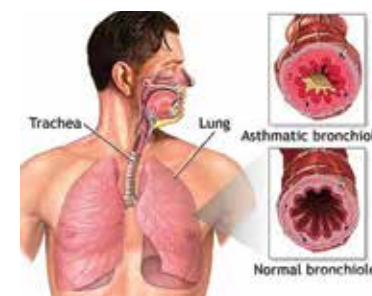
What types of Asthma Medicines are needed?

Rescue medicines are also called quick relief medicines. They work fast to relieve asthma symptoms when they occur. Rescue inhalers are the most common rescue medicine. Take your rescue medicine when:

- You are coughing, wheezing, having trouble breathing or having an asthma attack.
- Before exercising to help prevent asthma symptoms that are caused by exercise.

Long-term medicines are also called controller medicines. They help prevent asthma symptoms and should be used every day, even if you don't have symptoms. Long-term medicines can:

- Help keep your airways from swelling up.
- Relax the muscles of your airways to allow more air to be breathed in.



800-391-2000
f kernfamilyhealthcare.com t

How to Control Asthma

Keeping your asthma in control is very important. Here are some steps you can take.

1. Get an asthma action plan and follow it. If you do not have one, talk to your doctor about an asthma action plan.
2. Follow your doctor's advice. Make sure to take your medicine just as your doctor has told you to.
3. Use your peak flow meter and keep a log. This will help you see if you have your asthma in control.
4. Always keep your rescue medicine with you. Make sure you have an ample supply of your medicines at all times.
5. If you smoke, stop! Avoid second-hand smoke too.
6. Avoid asthma triggers.
7. Check the air quality report each day. This will tell you whether the air may affect your asthma. You can listen for this information on the news or look it up on the internet.



Can you read this? If not, we can have someone help you read it. For free help, please call us at 1-800-391-2000.