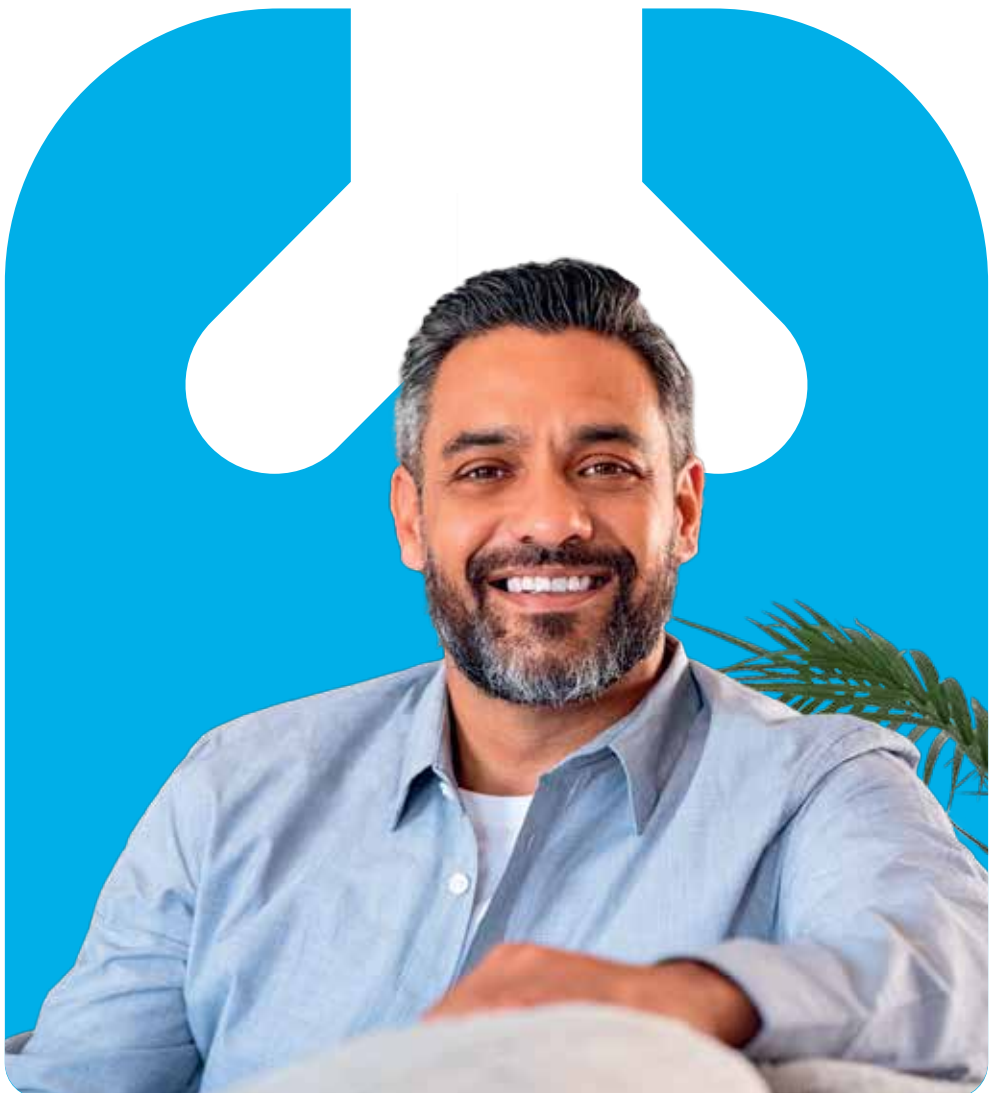
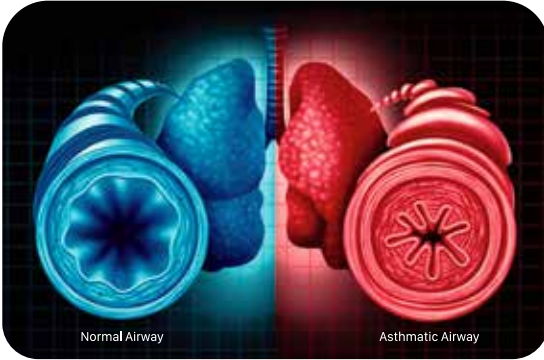




Living with **Asthma**





Asthma is a chronic disease

In which airways (breathing tubes that carry air in and out of your lungs) of your lungs narrow and swell and may produce extra mucus. This can make breathing difficult.

What does inflammation have to do with asthma?

Inflammation makes the lining of your airways swell and produce mucus, which makes it more likely that you'll have an asthma attack.



Normal Airway

Your airways are not inflamed, and air can pass through freely.



Asthmatic Airway

Your airways are swollen, narrowing the path of airflow, making breathing more difficult.



Asthma Attack

The muscles around your airways constrict, causing breathing to become extremely difficult. Under such circumstances seek immediate help



What can trigger my asthma?

Common asthma triggers include:

- Allergies
- Smoke, Pollution & Cold air
- Exercise
- Infections like Colds or Flu

Identifying and avoiding your asthma triggers can help you keep your symptoms under control.

What medicines do I need to take for asthma?

Most people with asthma are prescribed two inhalers

Reliever (Rescue) Medication:

The reliever inhaler deals quickly with symptoms when they happen. You should keep your reliever inhaler handy so it's always there when you need it. It can be a life-saver in an asthma attack. But it doesn't deal with the underlying inflammation.



Controller (Maintenance) Medication:

This medication is the one you need to take every day, even when you're feeling well. It keeps down the inflammation in your airways. Controller medication works slowly over time and is taken regularly to try to prevent asthma attacks.



How do I know I am having an asthma attack?

Symptoms of an asthma attack can be:

Marked breathlessness	Use of accessory muscles	Chest pain	Extreme difficulty in breathing
Difficulty talking or walking	Rapid pulse and a pale, sweaty face	Drowsiness	Extreme anxiety or panic caused by breathing difficulty

If your asthma symptoms don't improve or get worse after you take medication as your doctor directed, you may need emergency treatment.

Why **inhalers** and not orals for asthma management?



INHALER

Medication directly reaches the lungs

Immediate relief of symptoms

Less medication dose required
[Lesser side-effects; More safe]



ORALS

Medication passes through several barriers before reaching lungs

Relief of symptoms is slow






High medication dose required
[More side-effects; Less safe]

How do I keep my Asthma **under control?**

One of the best ways to manage asthma is to use an asthma action plan, developed with your health care provider.

- An asthma action plan identifies
- Your asthma triggers
- Warning signs
- Medications to help you better manage your asthma

Two of the most important ways of managing your asthma are:

Trigger Avoidance				Proper Medication
				
Allergies	Pollution	Cold Weather	Exercise	Inhaler



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