

Goals of Asthma Treatment

- Live an active, normal life
- Reduce the number of Asthma attacks
- Decrease severity of symptoms
- Perform daily activities without difficulty
- Little to no side effects of maintenance medication



<http://www.ehealthlines.com/440/asthma-a-preventable-disease/>



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http://ncbi.nlm.nih.gov/pubmedhealth/PMH0001196/#adam_000141.disease.prognosis

http://my.clevelandclinic.org/disorders/Asthma/hic_Medications_for_Treating_Asthma.aspx

What You Need to Know About ASTHMA



<http://allergy.peds.arizona.edu/southwest/devices/inhalers-asthma/bronchodil.htm>

What is Asthma?

Asthma is a chronic disorder that involves inflammation of the airways, making breathing difficult.

Signs and Symptoms of an Asthma Attack

- Coughing
- Wheezing
- Shortness of breath
- Chest tightness, pain, or pressure

What Causes Asthma?

- Infections
- Exercise
- Drastic Temperature Changes
- Tobacco Smoke
- Allergens such as pollen, dust, pets, and mold
- Strong odors

Asthma Management Plan

The best way to manage asthma is to prevent the symptoms. Here are some suggestions. . .

- Reduce allergens in the household by using products such as hypoallergenic furniture coverings.
- Remove rugs for cleaning regularly
- Use hypoallergenic detergents and cleaning materials
- Clean regularly to prevent mold and dust from accumulating
- Avoid drastic temperature changes
- Use an allergen filter within the home

Be sure to always carry your emergency inhaler in case you have an asthma attack!

REMEMBER: AN ASTHMA ATTACK CAN OCCUR AT ANY TIME AND ANY WHERE!

The following are suggestions to follow if an asthma attack does occur.

- Use your emergency inhaler as directed
- Remove yourself from the area where the trigger or irritant is if possible
- **DO NOT** lay down! Sit or stand up straight
- Call 911 if symptoms do not improve after treatment

NOTE: These are just suggestions. Please be sure to follow your health care providers instructions.

Additional Resources:

Find a support group in your area at http://www.aafa.org/esg_search.cfm