

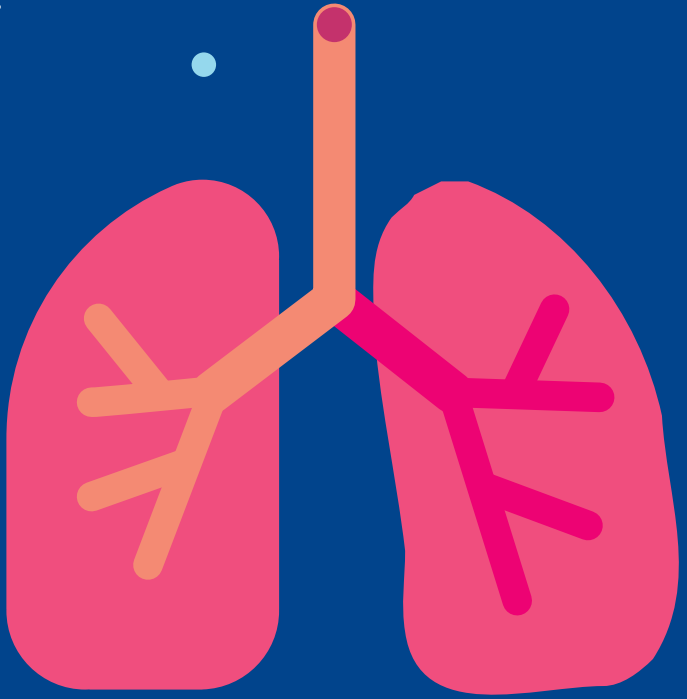
You Can Control Your Asthma

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What is asthma?

Asthma is a lung disease that makes it hard to breathe. People can get asthma at any age.



Why does asthma make it hard to breathe?

Airways are tubes that carry the air in and out of your lungs. Normal airways are open and clear, so the air goes in and out easy. If you have asthma, your airways get too tight, making it harder to breathe in and out.

Your Airways

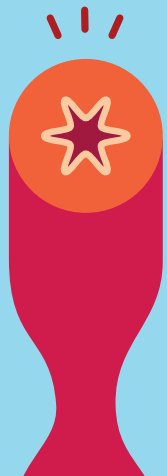
NORMAL



ASTHMA



ASTHMA
ATTACK



What does asthma feel like?

You may have some or all of these asthma symptoms:

- + Coughing
- + A whistling sound when you breathe (wheezing)
- + Shortness of breath
- + Chest tightness
- + Getting tired more easily than usual

What is an asthma attack?

An asthma attack is when your symptoms get worse. During an asthma attack, you might have:

TROUBLE TALKING OR WALKING



TROUBLE BREATHING



A WHISTLING SOUND WHEN YOU BREATHE (WHEEZING)



CHEST PAINS



Why do I get asthma attacks?

Many things (called triggers) can make you have an asthma attack. Triggers are different for each person. Common asthma triggers include:



Knowing what things make your asthma worse can help you control your asthma. Talk to your doctor about how you can stay away from your triggers.

Why do I need to control my asthma?

Asthma is a serious disease with no cure, but you can control it. When you have your asthma under control, you will:

- + Feel better and have less asthma attacks
- + Sleep better
- + Avoid the hospital or emergency room
- + Not have to miss school or work because of asthma

Can medicine help me with my asthma?

Yes. There are two types of medicines for asthma:

1



Controller (or daily) medicines help to keep your lungs healthier and stronger over time. Taking controller medicine every day helps you to avoid asthma attacks.

Remember, even when you are feeling fine, your asthma is still there. It is important to take controller medicines every day, even when you feel well.

Talk to your doctor about what medicines are best for you.

2



Rescue (or quick-relief) medicines help to stop an asthma attack.

Rescue medicine often comes in an inhaler. You use an inhaler to breathe in the medicine during an asthma attack.

What should I do if I'm having an asthma attack?

- + Sit down and try to take slow, steady breaths. Try to remain calm.
- + Take 1-2 puffs of your quick-relief medication, and follow the instructions in your Asthma Action Plan.
- + If you can figure out what triggered your asthma attack (like a pet or someone who is smoking), remove the trigger - or yourself - from the area.
- + Get help if you do not feel better.

Be prepared - talk to your doctor about what you should do during an asthma attack.

To find a doctor who can help you with your asthma, visit nyhealthandhospitals.org



What is your Asthma Action Plan?

Your doctor will help you make your asthma action plan to help control your asthma. Your plan:

- + Lists your medicines and when to take them
- + Tells you how to best take care of your asthma
- + Tells you when to call your doctor or go to the emergency room

My doctor's contact information:

Current medications:

Known allergies:

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