

Can medicine help me with my asthma?

Yes, medicine can help manage asthma. **Controller** medications are taken daily to prevent attacks while **rescue** medications provide quick relief when symptoms strike. Some inhalers combine both of these medications into one.

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 provider 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 provider about what you should do during an asthma attack.

To find a provider who can help you with your asthma, use the QR code below:



Care for NYC. No Exceptions. **NYC HEALTH+ HOSPITALS**

Call for an appointment
1-844-NYC-4NYC



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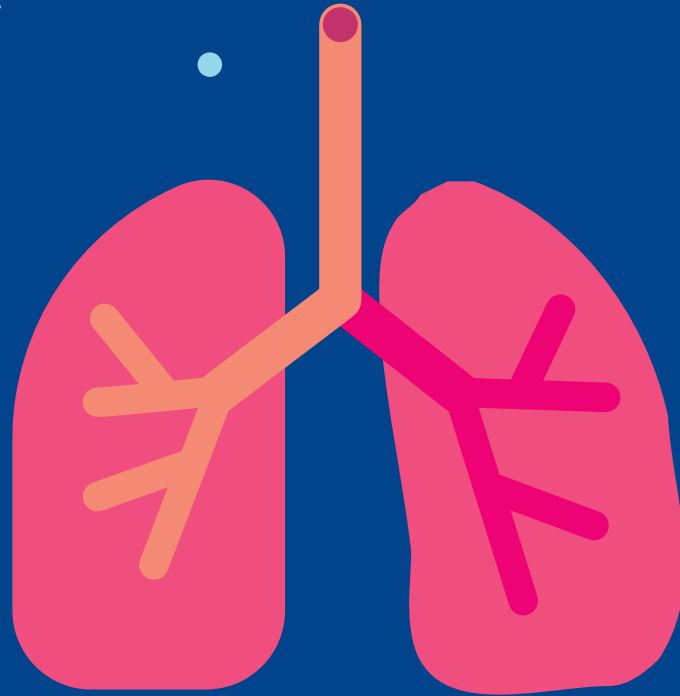
You Can Control Your Asthma

NYC HEALTH+ HOSPITALS



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



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:

The triggers are represented by circular icons with labels: PETS (cat and dog), MOLD (green fungus), DUST (broom and dust), POLLUTION (factory with smoke), INFECTIONS (viruses), RATS/MICE (rodent), CHEMICALS LIKE FRAGRANCES OR AIR FRESHENERS (spray bottles), COCKROACHES (insect), SMOKING (cigarette), EXERCISE (basketball and soccer ball), COLDS & SICKNESS (pill bottle and thermometer), and PLANTS & SEASONS (flowers).

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