

Victory Over Asthma!

You can control your asthma. Expect nothing less.

When asthma is controlled:

- You have no asthma symptoms. No cough. No wheeze. No chest tightness.
- You can run and play as hard as you want to.
- You are not having asthma attacks: daytime or nighttime!
- You can't remember the last time you had to rush to the Emergency Room.

THREE LINES OF DEFENSE

1) Manage THE ENVIRONMENT

Keep asthma triggers away. Common asthma triggers include irritants (smoke, strong chemicals, and cold viruses) and allergens (dusts, molds, pollens, furry or feathered pets, cockroaches, and rodents).

Make your home smoke free. Smoke is a problem for everyone with asthma.

Ask your doctor to help you find the things that trigger your asthma – and learn how to avoid them.

2) Protect THE BREATHING TUBES

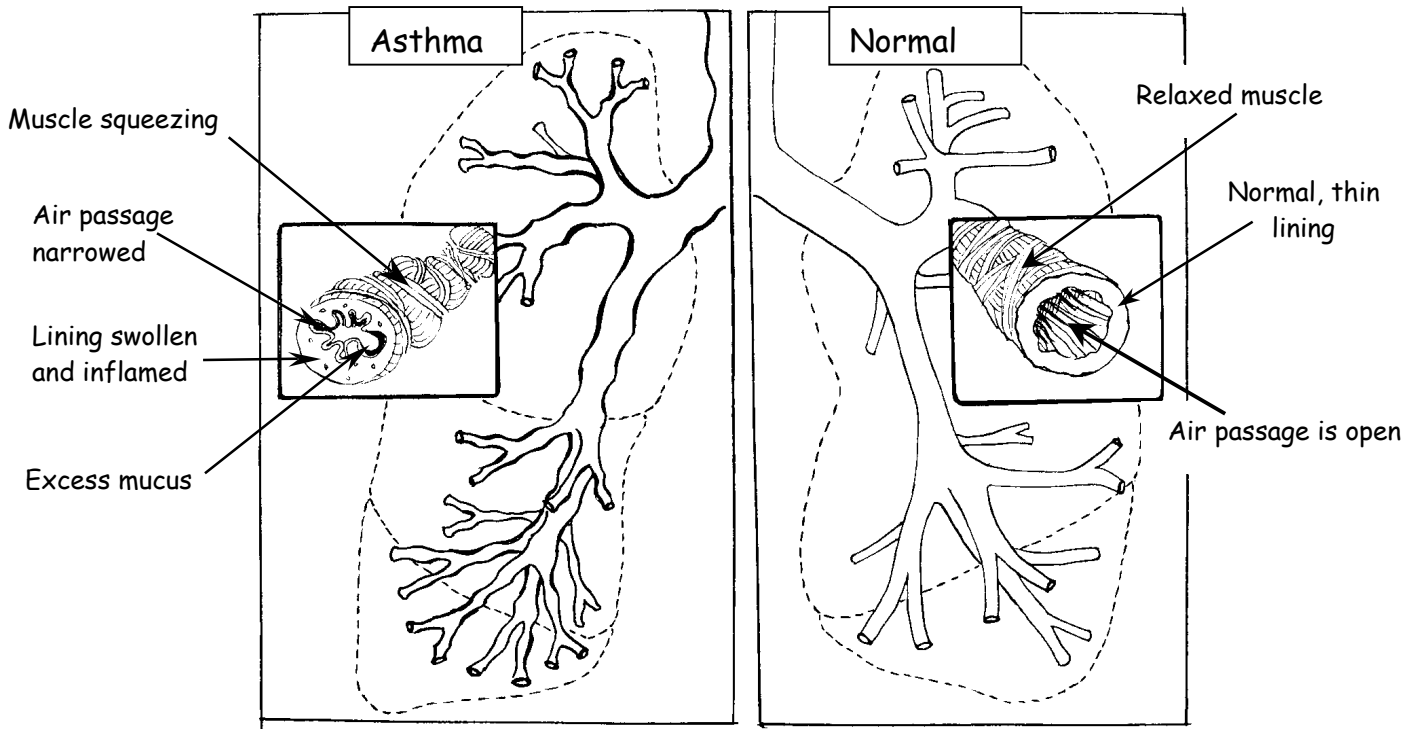
Take *long acting* asthma controller medicine *EVERY DAY*. This makes the breathing tubes less sensitive. This way an asthma trigger won't set off asthma.

If asthma bothers you more than twice a week, ask your doctor about a long acting asthma controller medicine.

3) Anticipate THE FLARE UPS

Know your early signs of asthma. Take action right away. Have a plan. Ask your doctor for a written asthma plan (doctors call it a *green, yellow, red zone plan*).

What happens to the lungs in asthma?



How do asthma inhalers work?

QUICK RELIEF inhalers:

These medicines make you feel better quickly. But they only last a short time. Know their limits. If you need to use them every day it means that your asthma is not in control.

My Quick Reliever is: _____

Long Acting ASTHMA CONTROLLER inhalers:

You won't feel these medicines working. Their taste may be "nasty". When used EVERY DAY, they keep the breathing tubes healthy. So it is harder for an asthma flare to get started.

After a few weeks of EVERY DAY use, you will find that asthma problems are getting less and less frequent. Your lungs are feeling better. Asthma flare-ups are being prevented.

My Long Acting Asthma Controller is: _____

The information in this flyer is not a substitute for seeing your doctor. Matters regarding your health need medical supervision and regular follow-up.

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