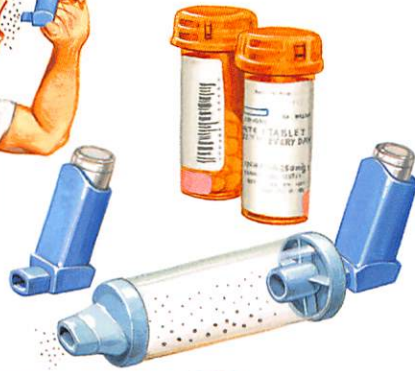


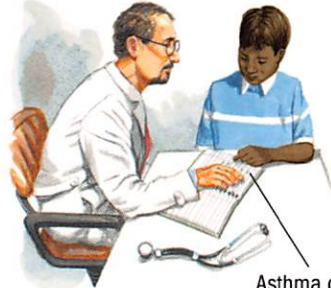


Treatment involves using drugs given by inhalers and pills.



Peak flow records may be used to start and monitor therapy.

Monitor your asthma at home and visit your doctor regularly.



Asthma diary

Stop smoking.



Use your inhaler.

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How Is Asthma Treated? (con't)

The three types of common treatments are symptomatic, long-term, and immune therapy. For symptomatic treatment, short-acting drugs in inhalers are used as needed, usually by patients with mild intermittent asthma. Long-acting drugs in inhalers are used every 12 hours.

Long-term treatment involves corticosteroids given in inhalers to reduce lung swelling and redness (inflammation). They are for mild, moderate, and severe persistent asthma.

Immune therapy, often called allergy shots, is for patients who have asthma caused by uncontrolled allergies.

Asthma is treatable, and most flare-ups and deaths caused by asthma can be prevented.

DOs and DON'Ts in Managing Asthma:

- ✓ **DO** always carry your inhaler with you.
- ✓ **DO** visit your doctor regularly.
- ✓ **DO** use the peak flow meter to measure the amount of air you take in when you breathe. Keep records of the amounts and bring them to your doctor appointments.
- ✓ **DO** get a yearly flu shot and pneumococcal vaccine.
- ✓ **DO** continue normal activities as tolerated.
- ✓ **DO** exercise regularly, but make sure your asthma is controlled before starting new exercises.
- ✓ **DO** reduce the dust mites in your house, e.g., by getting rid of carpets and using special (HEPA) filters.
- ✓ **DO** talk to your doctor about how pets may affect asthma.
- ✓ **DO** tell your doctor if your medicines do not control your asthma or have side effects, if your peak flow readings always go down, or if you feel more tired.
- ⊘ **DON'T** take aspirin and other over-the-counter medicines unless your doctor approves them.
- ⊘ **DON'T** come into contact with asthma triggers such as cold air or smoke.
- ⊘ **DON'T** do excessive exercise, especially in cold weather.

FOR MORE INFORMATION

Contact the following sources:

- American Lung Association
Tel: (800) LUNG-USA
Web: www.lungusa.org
- National Lung Health Education Program
Tel: (303) 839-6755
Web: www.nlhep.org