

## HEALTH EDUCATION LIBRARY FOR PEOPLE



World's largest FREE health Education library for people..

We help patients to become better We can help you understand !patients your health and medical problems better so you can get better care in partnership .with your Doctor

### OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

### OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.

For more information on this subject:  
Ask the Librarian : Free Answers to  
any Health Questions !!

<http://www.healthlibrary.com/information.htm>

For More Info: ASK A LIBRARIAN



**Health Education Library For People**

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## Asthma



**LET'S HELP  
ERADICATE  
IGNORANCE**

## Asthma Management

## Asthma Management

Asthma (AZ-ma) is a chronic (long-term) lung disease that inflames and narrows the airways. Asthma causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and coughing. The coughing often occurs at night or early in the morning.

### Managing Asthma

There's no cure for asthma. Asthma is a long-term disease that requires long-term care. Successful asthma treatment requires you to take an active role in your care.

The goal of asthma treatment is to control the disease by following the asthma action plan you create with your doctor, taking asthma medicines as prescribed, learning what things make your asthma worse and taking steps to avoid exposure to them, tracking your level of asthma control, and responding quickly to worsening symptoms.

Asthma is treated with two types of medicines: long-term control medicines and quick-relief medicines. You use a device called an inhaler to take many of these medicines. This device allows the medicine to go right to your lungs.



The amounts and types of medicine you need to treat your asthma depend on how well controlled your asthma is when you're closely following your asthma action plan. This may change over time.

Track your asthma by recording your symptoms, using a peak flow meter, and getting regular asthma checkups. Let your doctor know if your asthma is getting worse.



*Peak Flow Meter*

Your doctor may ask you to keep records of your symptoms or peak flow results daily for a couple of weeks before an office visit and bring these records with you to the visit.

These steps will help you keep track over time of how well you're controlling your asthma and will help you spot problems early and prevent or relieve asthma attacks. Recording your symptoms and peak flow results to share with your doctor also will help him or her decide whether to adjust your treatment.

### Ongoing Care

Have regular asthma checkups with your doctor so he or she can assess your level of asthma control and adjust your treatment if needed. This may require frequent adjustments to your treatments.

If it's hard to follow your plan or the plan isn't working well, let your health care team know right away. They will work with

you to adjust your plan to better suit your needs.

Get treatment for any other conditions that can interfere with your asthma management.

### Watch for Signs That Your Asthma Is Getting Worse

Your asthma may be getting worse if:

- Your symptoms start to occur more often, are more severe, and/or bother you at night and cause you to lose sleep.
- You're limiting your normal activities and missing school or work because of your asthma.
- Your peak flow number is low compared to your personal best or varies a lot from day to day.
- Your asthma medicines don't seem to work well anymore.
- You have to use your quick-relief inhaler more often. If you're using quick-relief medicine more than 2 days a week, your asthma isn't well controlled.
- You have to go to the emergency room or doctor because of an asthma attack.

If you have any of these signs, see your doctor. He or she may need to change your medicines or take other steps to control your asthma. Partner with your health care team and take an active role in your care.

