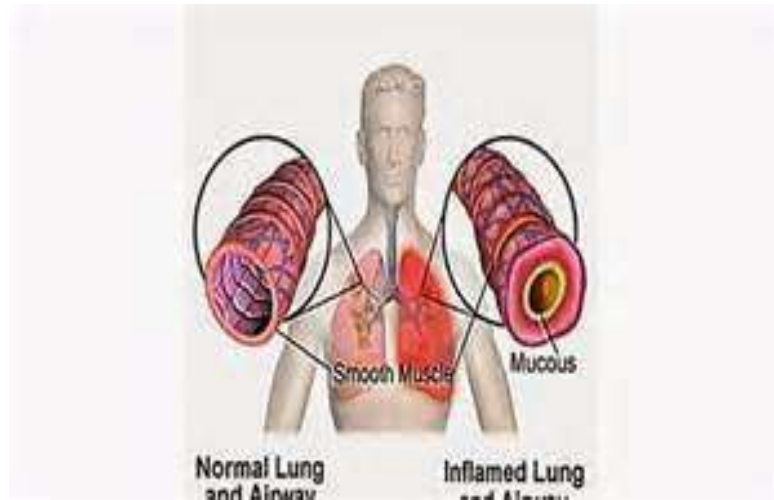


# About Asthma

*Asthma* is a chronic lung disease that inflames and narrows the airways



Asthma symptoms can have a range of triggers, such as:

- **respiratory tract infections (RTIs)** – particularly infections affecting the upper airways, such as cold and flu



- **allergens** – including pollen, dust mites, animal fur or feathers



- **airborne irritants** – including cigarette smoke, chemical fumes and atmospheric pollution



- **medicines** – particularly the class of painkillers called non-steroidal anti-inflammatory drugs (NSAIDs), which includes aspirin and ibuprofen, and beta-blockers sometimes given for high blood pressure or some types of heart disease



- **emotions** – including stress or laughing



- **foods containing sulphites** – naturally occurring substances found in some food and drinks, such as concentrated fruit juice, jam, prawns and many processed or pre-cooked meals



- **weather conditions** – including a sudden change in temperature, cold air, windy days, thunderstorms, poor air quality and hot, humid days



- **indoor conditions** – including mould or damp, house dust mites and chemicals in carpets and flooring materials

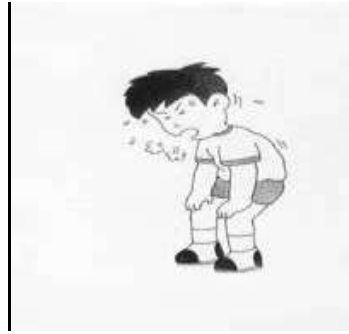


- **exercise**



Signs and symptoms of asthma include the following:

- Wheezing
- Coughing
- Shortness of breath
- Chest tightness/pain



## How asthma is treated

While there is no cure for asthma, there are a number of treatments that can help control the condition.

Treatment is based on two important goals, which are:

- relieving symptoms (using bronchodilators)



- preventing from future symptoms and attacks( such as antibiotics).



Asthma home care

1. Use your medications as instructed; make sure you are using your inhaler correctly.
2. Try to avoid or reduce your exposure to the triggers such as pollen, etc.
3. Make the right preparation before exercise.
4. Use Peak velocity meter to monitor your condition, and manage it accordingly.
5. Learn the management principle for acute attack
6. Wear mask when you ride motor cycle or bicycle in winter time.
7. Take medication before exercise.
8. The elderly(over 65 years old) and the youngster should take flu vaccination.



*Saint Mary's Hospital Luodong*