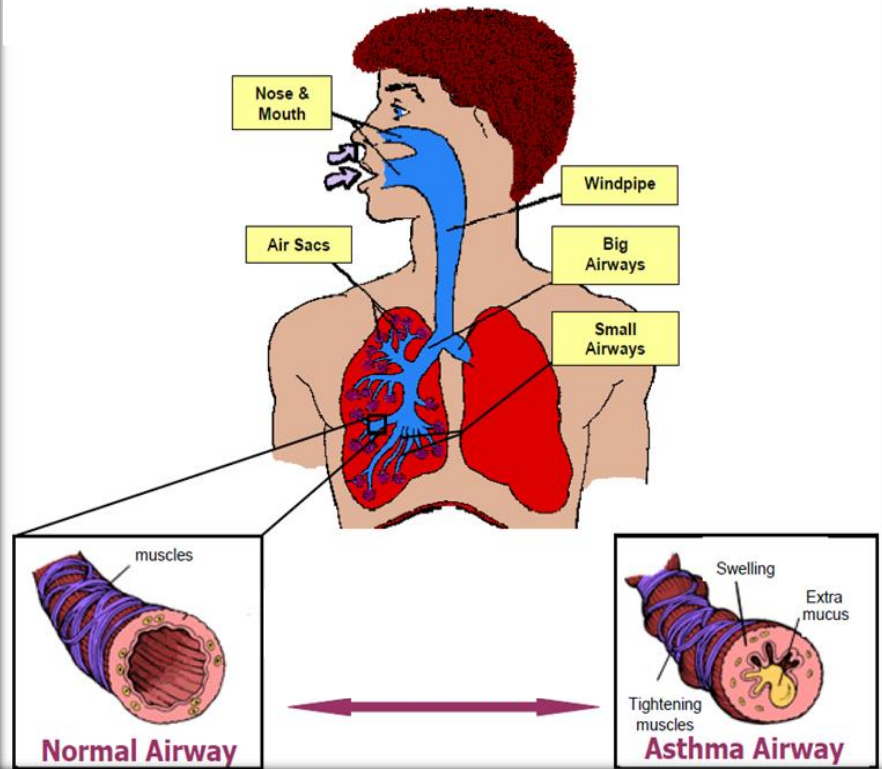


## Don't let your asthma limit your activities— Control Your Asthma!

- Follow your **Asthma Action Plan** and know when and where to get help.
- Take your medicines as prescribed. **Do not stop medications without talking to your provider.**
- Keep track of how many puffs are left in your inhalers so you know when to get a refill.
- If you need albuterol more than 2 days per week or 2 nights per month, your asthma is **not controlled!** Check your Asthma Action Plan or contact your provider.
- **Know and avoid your triggers!**
- Visit your asthma provider at least every 6 months to update your Asthma Action Plan.
- Check out our asthma videos online
- [https://www.youtube.com/channel/UCKLWv4bigeN98aZS6m4U\\_cA/playlists](https://www.youtube.com/channel/UCKLWv4bigeN98aZS6m4U_cA/playlists)

## Why Does Asthma Make It Hard To Breathe?

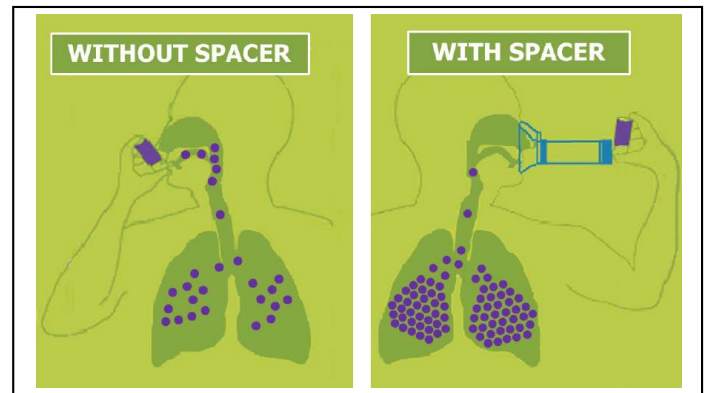
Asthma is a disease of your breathing tubes. We call these tubes your *airways*. When people have asthma attacks their airways narrow, or get smaller, making it hard to breathe.



## How To Use Your Medicines

**Inhaler and Spacer Tips:** Inhalers with spacers work as well as or better than nebulizers.

- Shake your canister really well.
- Prime your inhaler (see back of this page)
- **Always use a spacer**
  - If using a *mouthpiece*: Take a slow breath in and hold for 10 seconds.
  - If using a *mask*: Make a good seal around the mouth and nose and breathe in and out 6 times.
- Wait 1 minute between puffs.
- Rinse mouth after use.



### Nebulizer Tips

- Most of the medication is lost if you try to give "blow by" treatments.
- If using a mask, make sure it is touching the skin around the mouth and nose.
- If using a mouthpiece, make sure the lips are sealed around it.

# LIVING WITH ASTHMA

## Common Asthma Triggers

- **Infections** - most commonly colds/flu from viruses, but also bacteria (sinus infections and/or pneumonia).
- **Allergies** – such as dust, pollens (from grass, trees, and weeds), molds, animals, cockroaches or food.
- **Exercise or active play** - especially running more than 5 minutes.
- **Night time** - most asthma is worse overnight
- **Smoke** - tobacco smoke (cigarettes, cigars, hookahs), fireplace, wood burning stove, incense, and/or barbecue.
- **Irritating Fumes/Chemicals** - paints, perfumes, detergents, smog or anything with a strong odor
- **Weather** - Cold air and weather changes (changes in temperature and/or humidity).
- **Stress/Emotions** - emotions don't cause asthma, but in susceptible people, they may trigger it.
- **Acid Reflux (Heartburn)** – Acid coming from the stomach.

## What Are The Two Types of Asthma Medicines?

### QUICK RELIEVER

(Albuterol)

Examples:



#### RELIEVER MEDICINE HELPS WHEN YOU'RE HAVING AN ASTHMA ATTACK.

- ☺ Everyone should have quick reliever medicine to take when they have symptoms.
- ☺ Be sure to have one at all times – even at school.

#### HOW DOES MY QUICK RELIEVER WORK?

This medicine relieves the **Tightening of muscles** around your airways.

**S**welling  
**E**xtra Mucus  
**T**ightening muscles



### CONTROLLER

Do not stop without talking to your provider.



#### CONTROLLER MEDICINE HELPS PREVENT ASTHMA ATTACKS.

- ☺ Some people take controllers every day to help make their airways less sensitive.
- ☺ If you use this medicine, over time you will have fewer symptoms.

#### HOW DOES MY CONTROLLER WORK?

This medicine prevents & controls the **Swelling** and **Extra mucus** production in your airways.

**S**welling  
**E**xtra Mucus  
**T**ightening muscles

#### WHEN DO I USE MY QUICK RELIEVER?

- ☺ Take this medicine **when you have symptoms**.
- ☺ It should provide relief in 5-10 minutes.
- ☺ You should also use it 15 minutes before you exercise.

#### WHEN DO I USE MY CONTROLLER?

- ☺ Take this medicine **every day** even when you are feeling fine.
- ☺ This medicine works slowly over time.
- ☺ If you stop taking it, you may feel more asthma symptoms.

## Priming and Cleaning your Inhaler (Check package insert for details)

Medication	Priming	Repriming	When to Reprime	# of puffs	Cleaning
Albuterol (ProAir, Ventolin, Proventil, Xopenex)	4 puffs	4 puffs	2 weeks	200	Rinse plastic case with water weekly
Flovent (Fluticasone)	4 puffs	1 puff	7 days/dropped	120	Qtip, No water
Qvar (Beclomethasone)	2 puffs	2 puffs	10 days	120	Wipe with tissue, No water
Advair, Dulera, Symbicort	4 puffs	4 puffs	1 week	120	Wipe with dry cloth, No water

- Always prime your inhaler before your 1<sup>st</sup> use by puffing the inhaler into the air. See above chart for number of puffs.
- Re-prime your inhaler if it has not been used for the number of days listed above.
- For Flovent, Qvar, Advair, Symbicort or Dulera, do not use water to clean. Use a Qtip or cloth to de-clog the opening weekly.
- For Albuterol, remove the metal canister from the plastic case weekly. Rinse the plastic case only with warm water for 30 sec from both ends.