



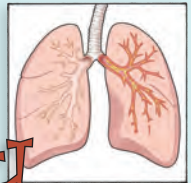
Asthma Facts



Strive for Control



Triggers



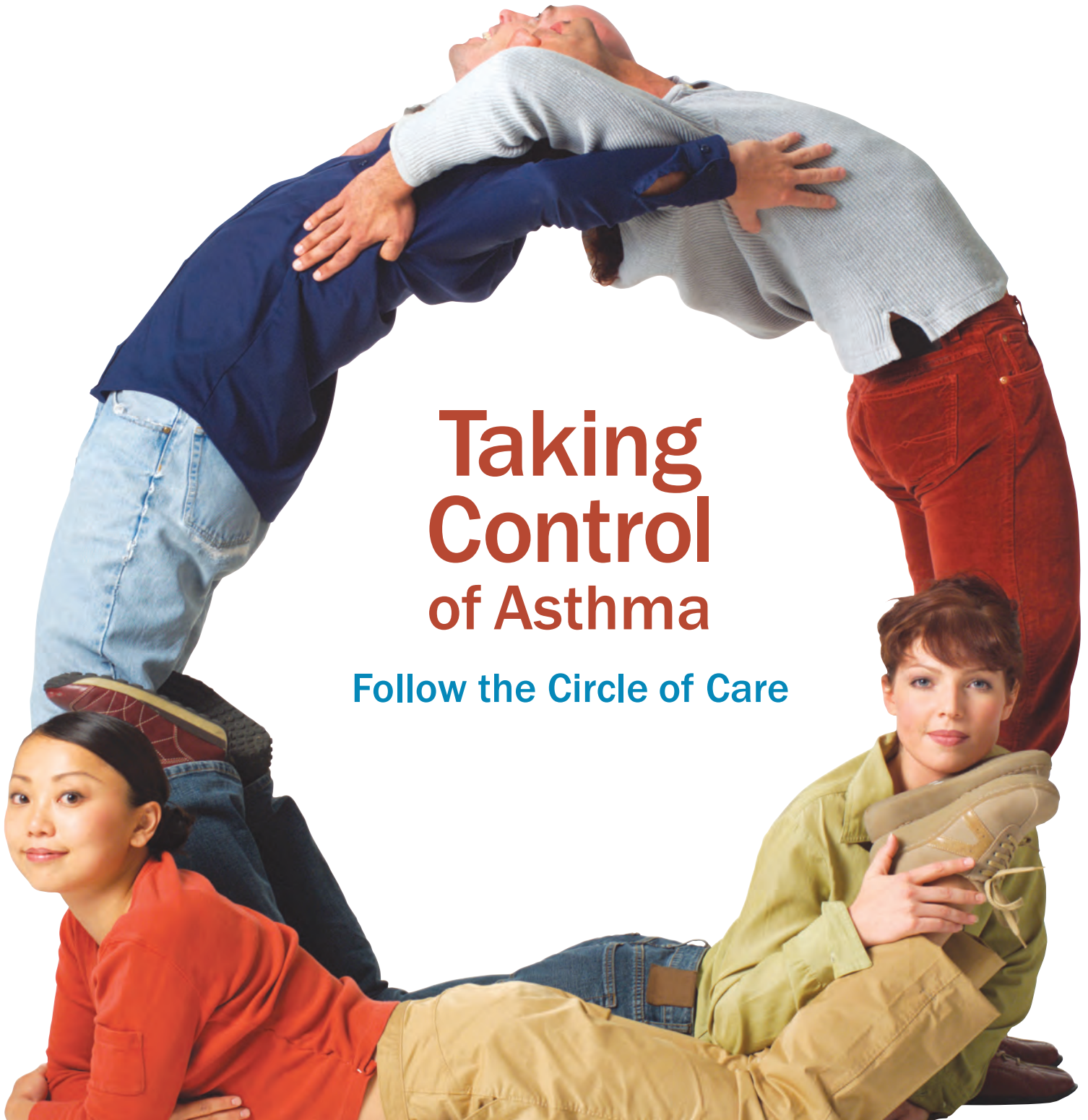
How Asthma Affects Your Lungs



Medications



Action Plan



Taking Control of Asthma

Follow the Circle of Care



Asthma Facts

Asthma is a common chronic lung condition that can:

- Affect your breathing
- Affect people at any age
- Improve or worsen
- Be treated/controlled
- Be life threatening

There is no cure for asthma. Learn to control it.



Strive for Control

Learn to assess your asthma control.

Good asthma control means you are:

- Not bothered by asthma symptoms during the day or night
- Not using your rescue inhaler more than 2 times/week
- Not limiting your physical activity
- Not missing school or work because of asthma
- Not needing emergency or urgent care for asthma

Learn about your triggers.

From the *Global Strategy for Asthma Management and Prevention*, Global Initiative for Asthma (GINA) 2006. Available from: <http://www.ginasthma.org>.



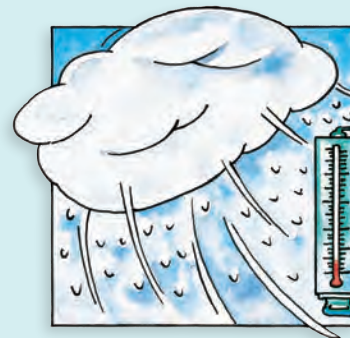
Triggers

Triggers are things that make your asthma worse.

KNOW AND AVOID YOUR TRIGGERS



Cold/Infections



Cold air



Smog/Cigarette smoke



Pollen



Animals



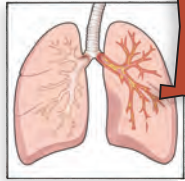
Dust mites



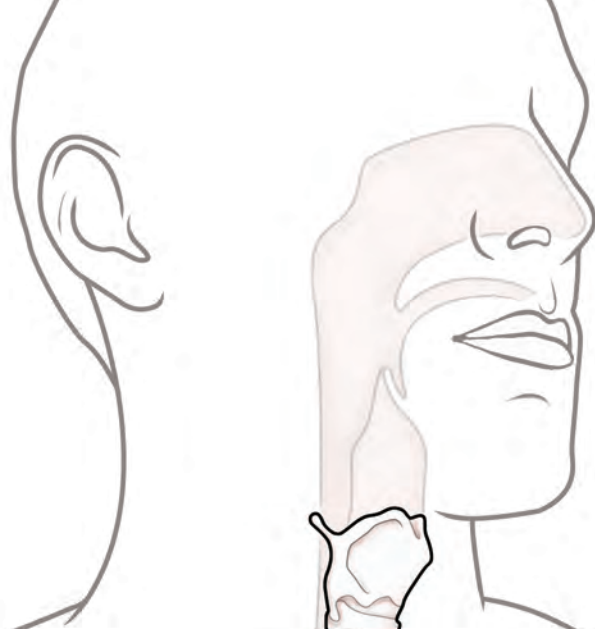
Mold

Other Triggers: Stress • Scents/fumes/chemicals • Medications • Heartburn • Exercise

From the *Global Strategy for Asthma Management and Prevention*, Global Initiative for Asthma (GINA) 2006. Available from: <http://www.ginasthma.org>.



How Asthma Affects Your Lungs



Controlled



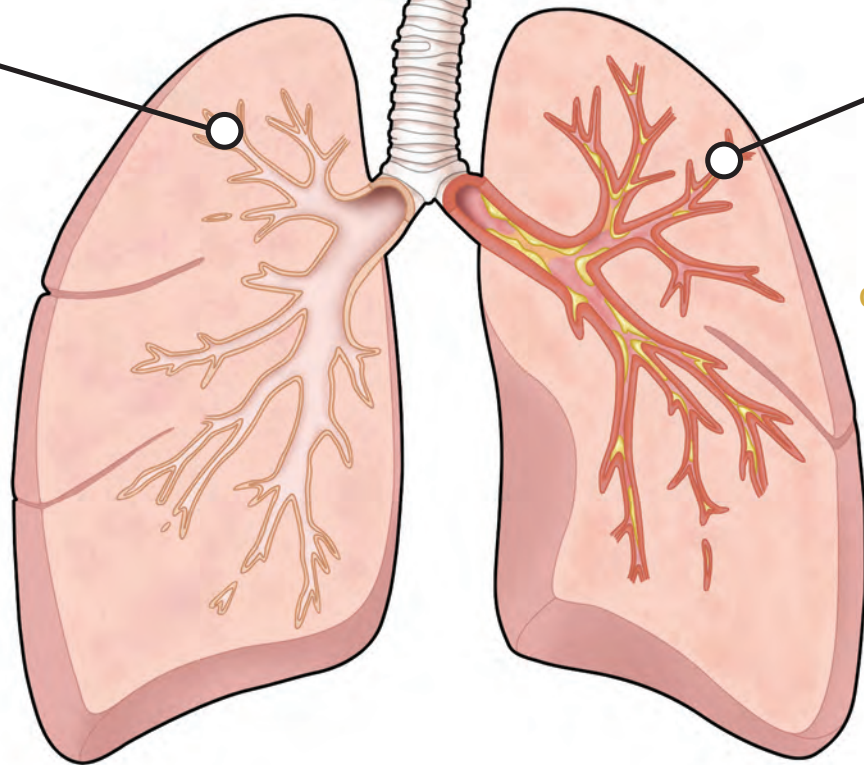
Uncontrolled

RELIEVER medications work here

CONTROLLER medications work here

COMBINATION medications work on both

Muscle tightening
Mucus
Swelling



Asthma Symptoms

Airway narrowing can cause asthma symptoms:



Heavy chest/
Chest tightness



Cough



Wheeze/
Difficulty breathing



Medications for Asthma

Ask to be shown how to take your medications and use your inhaler properly.

TAKEN DAILY	<p>CONTROLLER/ maintenance medications</p>  Pulmicort® Turbuhaler*  Flovent® HFA Inhalation Aerosol  Flovent® Diskus*  Qvar®  Alvesco® Inhalation Aerosol	
	<p>COMBINATION medications</p>  Symbicort® Turbuhaler*  Advair® Inhalation Aerosol  Advair® Diskus*  Zenhale™ Inhalation Aerosol	<p>Long-acting RELIEVER medications</p>  Oxeze® Turbuhaler*  Serevent™ Diskus*
RESCUE	<p>Quick RELIEVER bronchodilators/ rescue medications</p>  Bricanyl® Turbuhaler*  Oxeze® Turbuhaler*  Ventolin® HFA Inhalation Aerosol  Ventolin® Diskus*  Airomir™ HFA Inhalation Aerosol	
DAILY + RESCUE	<p>CONTROLLER & RELIEVER/ single inhaler maintenance & reliever medications</p>  Symbicort® Turbuhaler*	<p>OTHER medications</p> <ul style="list-style-type: none"> • Prednisone • Anti-leukotrienes (Singulair®, Accolate®) • Anti-IgE (Xolair®)

Controllers should be taken daily, even without symptoms.

*All trademarks are properties of their respective owners.



Action Plan

Take control; maintain control
Follow your action plan



No Symptoms/
No Limitations
**GOOD
CONTROL**

Symptoms
Increasing
CAUTION

Out of Control:
**DANGER—
GET HELP
CALL 911**

Most people, most of the time, can control their asthma and live active lives, without regular symptoms.



Follow Up

What you need to know...

- Asthma facts
- Asthma control
- Your triggers
- Symptoms to watch for
- How to take your medications and use your inhaler properly
- Ask for your action plan
- Book your follow-up appointment today for year-round control.

See you at your next follow-up appointment.

The following editorial advisors greatly contributed to development of this educational tool:

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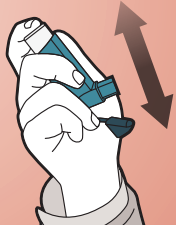
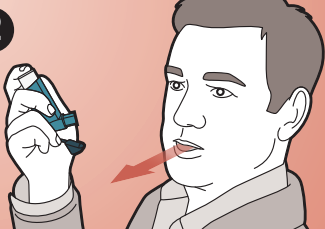
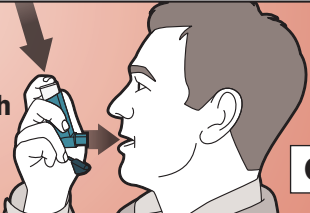
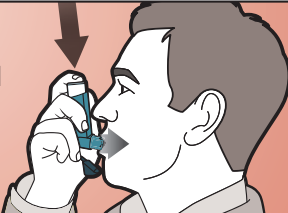


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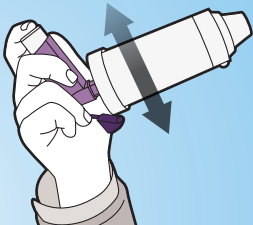
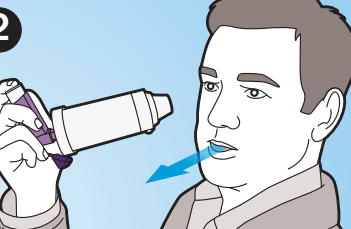
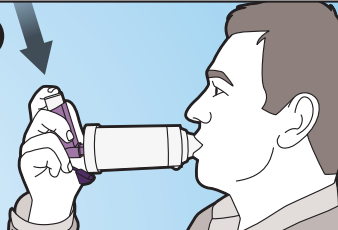
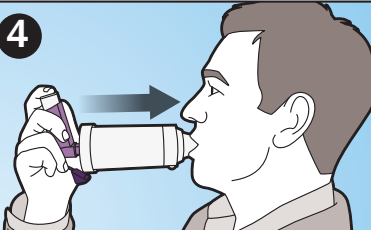


How to Use Your Inhaler

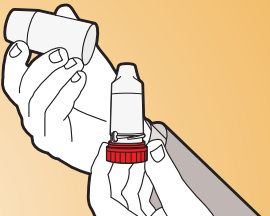
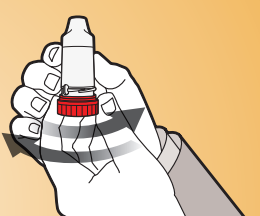


PUFFER

<p>1</p> 	<p>2</p> 
<p>Remove cap and shake.</p>	<p>Breathe out gently.</p>
<p>3</p> <p>Open Mouth</p> 	<p>3</p> <p>Closed Mouth</p>  <p style="text-align: center;">OR</p>
<p>Begin breath and press down, slow deep breath in and hold.</p>	<p>Place puffer in mouth, press down, slow deep breath in and hold.</p>

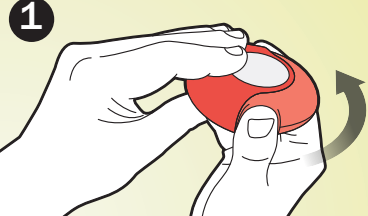
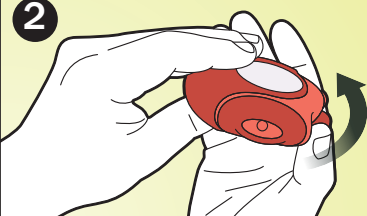

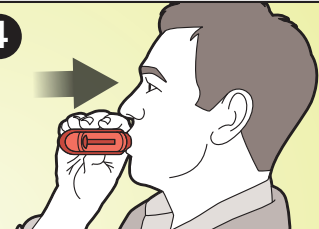
PUFFER WITH SPACER

<p>1</p> 	<p>2</p> 
<p>Remove cap, insert into spacer and shake.</p>	<p>Breathe out gently.</p>
<p>3</p> 	<p>4</p> 
<p>Press down.</p>	<p>Slow deep breath in and hold.</p>

TURBUHALER®

<p>1</p> 	<p>2</p> 
<p>Unscrew cap.</p>	<p>Twist. Twist back. (A click will be heard.)</p>
<p>3</p> 	<p>4</p> 
<p>Breathe out gently.</p>	<p>Rapid deep breath in and hold.</p>

DISKUS®

<p>1</p> 	<p>2</p> 
<p>Open cover.</p>	<p>Slide lever to click.</p>
<p>3</p> 	<p>4</p> 
<p>Breathe out gently.</p>	<p>Rapid deep breath in and hold.</p>