

Common symptoms of asthma:

Asthma is a chronic disease characterized by recurrent attacks of breathlessness and wheezing, which vary in severity and frequency from person to person.



Chest tightness



Coughing



Wheezing



Feeling short of breath

How do you get asthma?

We don't know exactly what causes asthma, but it's more common in people who:

Have eczema, hayfever or other allergies

Have been exposed to irritants or pollution, usually at work



Have been exposed to environmental tobacco smoke, who smoke or have smoked in the past

> Have a family history of asthma, eczema, hayfever or other allergies

What are asthma triggers?

A trigger is something that irritates a person's airways, that can make symptoms worse. Identifying and Common triggers of an asthma attack are:

- Animal allergens
- Colds and infections
- Cold ai

avoiding triggers is an important part of asthma management.

- Exercise
- House dust mite
- Medicines
- Mold
- Pollen
- Pollution
- Smokin
 Stress

Every person's triggers may be different.



What may help to keep asthma under control?



Stop smoking

If you smoke, quitting is the most important change you can make to your lifestyle, both for your asthma and your general health and wellbeing.



Eat a healthy diet

A healthy diet can help keep your lungs healthy and boost your immune system.



Regular exercise can help control asthma symptoms by increasing your lung capacity and building up your fitness level.



Create a self-management plan with your healthcare provider

People who have a written self-management plan are less likely to need emergency hospital treatment for their asthma.

• What is a self-management plan for asthma?

People with asthma can work with their healthcare providers to develop an individual self-management plan.

A self-management plan is a written record of:

Current medication(s)

- Triggers that may make asthma worse
- How to help keep symptoms under control
- What to do if symptoms

If anything changes, the self-management plan may need to change too, so it's important to bring it to a<u>sthma</u>

appointments.

get worse

When to get help

NPS-ALL-NP-00307 April 2021

teva

https://www.who.int/respiratory/asthma/en

FDA. Manage Your Asthma: Know Your Triggers and Treatment Options: https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm625221.htm British Lung Foundation. Asthma information leaflet: https://cdn.shopify.com/s/files/1/0221/4446/files/FL7_Asthma_v3_2017_PDFdownload.pdf?2973896653491569408 Live well with asthma booklet. Asthma UK: https://www.asthma.org.uk/globalassets/health-advice/resources/adults/live-well-with-asthma-booklet.pdf BTS/SIGN British guideline on the management of asthma: https://www.brit-thoracic.org.uk/document-library/clinical-information/asthma/btssign-asthma-guideline-2016