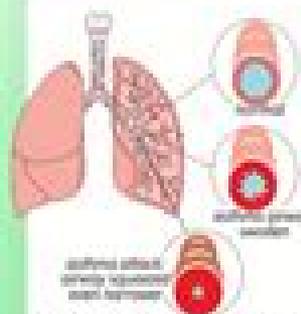


# What is asthma & how do we treat it?



## What is asthma?



Asthma is a condition affecting the airways (tubes carrying air to the lungs).

It causes **swelling** in the lining of the airways, reducing the space for air to move in and out.

Swollen airways are more sensitive to your triggers, (e.g. dust, pollen, or cold air).

These triggers cause squeezing of the muscles around the airways, leading to wheezing, coughing, chest tightness and breathlessness.

## How is asthma treated?

Treatment usually consists of two different medicines, prescribed as a combination inhaler (see below) or separately:

- a **preventer** inhaler
- a **rescue** inhaler (often blue in colour)

### What do my inhalers actually do?



The **preventer** medicine is the **main treatment** for asthma. It reduces **airway swelling**, and sensitivity to triggers. You'll get fewer asthma symptoms, and reduce the risk of an asthma attack.

**Rescue** medicine helps **immediately** when you have asthma symptoms, or an asthma attack. It does this by reducing muscle squeeze.



Remember **rescue medicine cannot prevent asthma** and frequent use indicates that your asthma is not well-controlled.

## How do I know if my asthma is well-controlled?

### Signs your asthma is not well-controlled:

- You need to have a dose of rescue medicine more than twice a week.
- You order more than 2 rescue inhalers a year.



### What can I do to help my asthma?

- Take your **preventer medicine** as prescribed, even when you feel well and have no symptoms.
- **Attend your asthma review!** This allows a healthcare professional to review your asthma control, check your inhaler technique, and discuss your asthma plan.

Check you are using your inhaler device correctly. Scan the QR code for videos on how



to use your inhaler. You can discuss which device you would prefer at your next review.

## What is the aim of asthma treatment?

Ideally you should have

- **no daytime symptoms** (or very few)
- **no night-time symptoms**
- **no limitations on your activities**
- **no asthma attacks** (flare ups, need for steroid tablets or emergency care)

If your asthma is well-controlled you won't have to limit your activities.

## Would a combination inhaler be better for me?



Newer ICS-Formoterol **Combination Inhalers** (contain both the preventer & rescue medicine)

- Can **improve control** and reduce the risk of asthma attacks.
- Can be more **convenient** as there is only 1 inhaler to use instead of 2.

You can discuss this option at your next asthma review.

# Asthma In Practice

**Didier Musso**



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