

Health Literacy Now

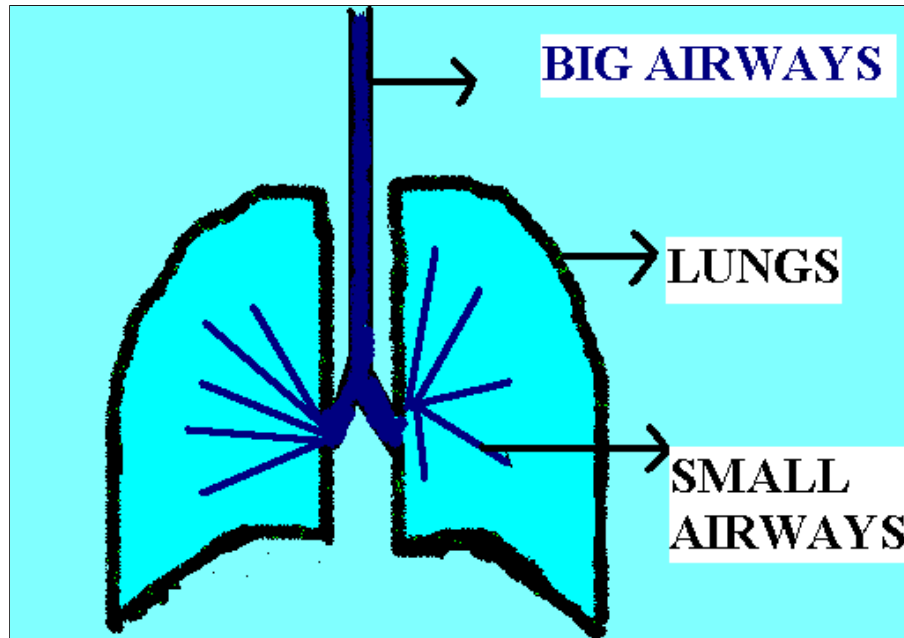
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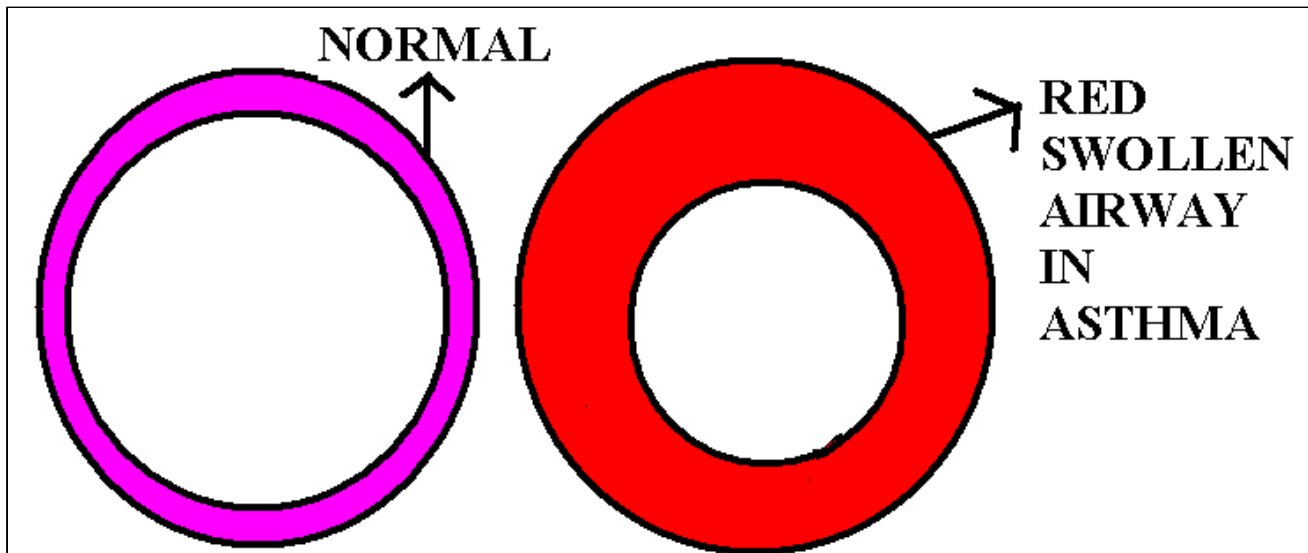
To know more, go to www.healthliteracynow.org

Asthma

What is Asthma?

Asthma is a disease in which the airways or the tubes in the lungs that carry air get swollen. These swollen air tubes are more sensitive to certain things. See the picture below





How do I know that I have asthma?

If you have asthma then you will get 'Asthma Attacks'. During an asthma attack you will have

*Coughing

*Wheezing or whistling sound coming from your lungs

*Shortness of breath

*Chest tightness

How can I find out if I have asthma?

There is a test to check your lung function. Your doctor can order that for you.

Who gets asthma?

Both children and adults can get asthma. People with family members who have asthma are at risk for asthma.

My doctor told me that I have asthma. What do I need to do?

First you should [avoid the things](#) which your lungs are sensitive to.

Second [take the medications and inhalers](#) that your doctor gives you.

What are the things my lungs may be sensitive to?

*Dust

*Weather

*Cockroaches

*Paints, bleach, sprays

*Pollen which comes from plants

*Infection such as cold

*Animals

*Exercise

*Cigarette smoke

*Drugs such as over-the-counter pain pills.

*Air pollution

*Strong emotions

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What types of inhalers are used for Asthma?

There are 2 types of inhalers that are used in Asthma

One is the rescue inhaler. You use it when you have an asthma attack.

The other type is used to decrease the swelling of your airways. This is used on a daily basis.

What do I need to do if I have an asthma attack?

[Use the rescue inhaler](#) that your doctor gave you for an asthma attack.

[See a doctor](#) as soon as possible if

*If your attack gets worse.

*If the pills and inhalers don't help.

What is a peak flow meter?

Peak flow meter is a small tube in which you blow air. This gives you a

score on the tube. The higher the score, the better is your lung function. Your doctor may ask you to write the score down.

When your score falls then it tells you that you may be having an asthma attack.

If you have more questions please talk to your doctor.

