

# "YOUR AIRWAYS" Spring 2012

*A Publication of Doctors Direct Healthcare, Inc.*

## Asthma: Treatment and Control

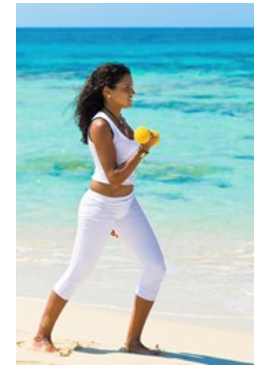
Taking an active role to control your asthma involves:

- Working with your doctor to treat other conditions that can interfere with asthma management (sinus infections, reflux disease, runny nose, sleep apnea).
- Avoiding things that worsen your asthma (asthma triggers).
- Working with your doctor, create an Asthma Action Plan, which will describe daily treatments and when to call your doctor.

- Taking medicines as prescribed by your doctor: Long term control medicines (which help reduce airway inflammation & prevent asthma symptoms) and quick-relief or "rescue" medicines (which relieve asthma symptoms with a flare-up).

- Maintain your health and a normal weight for your height (BMI) by exercising regularly and eating a healthy diet.

- Track your asthma symptoms and get regular checkups with your doctor.



Respiratory Infections are the number one trigger for asthma exacerbations, which annually lead to bronchitis and pneumonia.

## Avoiding Triggers

- Avoid things that can make your asthma worse.
- If pollen or pollution are triggers for you, limit your time outdoors during the pollen season or when levels are high.
- Avoid other triggers such as smoke from cigarettes or wood burning fires; strong odorous sprays/aerosols
- If pet dander is a trigger for you, keep pets outside, or at least out of your bedroom.
- Wash hands often (and always before touching your face) and avoid crowds during viral cold season.
- Ask your doctor about being prepared if you have food allergies or bee sting allergies.

## Children and Asthma

It is difficult to diagnose children under the age of 5.

It's hard to know whether young children who wheeze or have other asthma symptoms will benefit from long-term control medicines.

Inhaled corticosteroids can possibly slow the growth of children of all ages, but most experts think the benefits of inhaled corticosteroids for children who need them to control their asthma far outweigh the risk of slowed growth.

## Special Points of Interest:

Asthma is a long-term disease that can't be cured. The goal of asthma treatment is to control the disease. Good asthma control will:

- Reduce your need for quick-relief medicines
- Prevent chronic and troublesome symptoms, such as coughing and shortness of breath
- Help you maintain good lung function
- Let you maintain your normal activity level and sleep through the night
- Prevent asthma attacks that could result in an emergency room visit or hospital stay

[www.doctorsdirecthealthcare.net](http://www.doctorsdirecthealthcare.net) / Phone: 910-485-0510 or Toll free: 877-503-0388