

Take Control of Your Asthma: A Comprehensive Guide to Home Management

Asthma is a chronic inflammatory condition that affects the airways, causing wheezing, coughing, chest tightness, and shortness of breath. While there is no cure for asthma, it can be managed effectively with appropriate treatment and lifestyle modifications. *Asthma: Controlling Your Condition at Home* provides a comprehensive guide to home asthma management, empowering individuals to take an active role in improving their health.

Understanding Asthma

Asthma: Controlling Your Condition at Home begins by exploring the causes and triggers of asthma, including allergens, irritants, and respiratory infections. Readers learn about the different types of asthma and their symptoms, as well as the importance of recognizing and avoiding asthma triggers.



Asthma - Controlling your condition at home

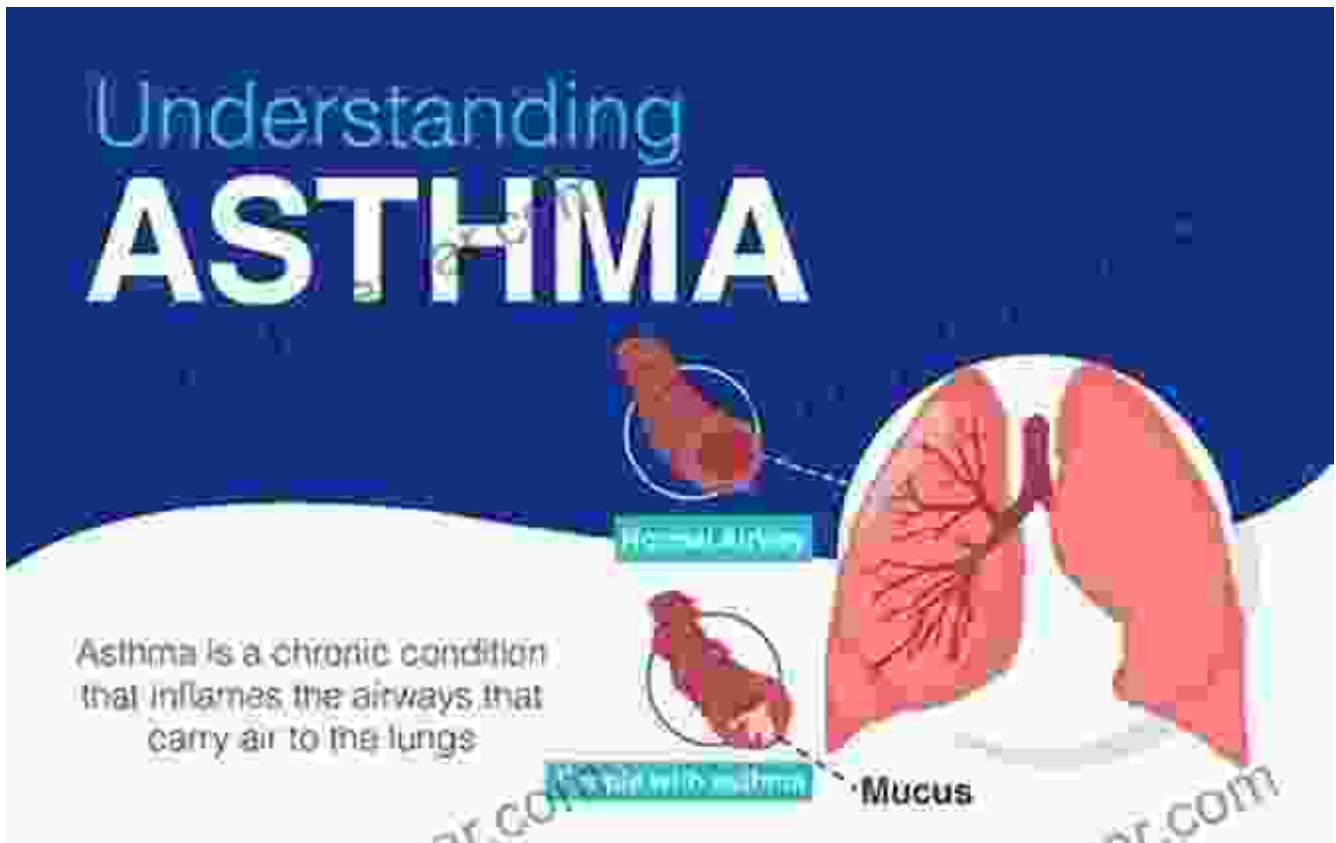
★★★★☆ 4.4 out of 5

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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 58 pages
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Medication Management

Medication is an essential part of asthma management. *Asthma: Controlling Your Condition at Home* provides detailed information on various types of asthma medications, including inhalers, nebulizers, and oral medications. Readers learn how to use their medications correctly and understand their potential side effects.

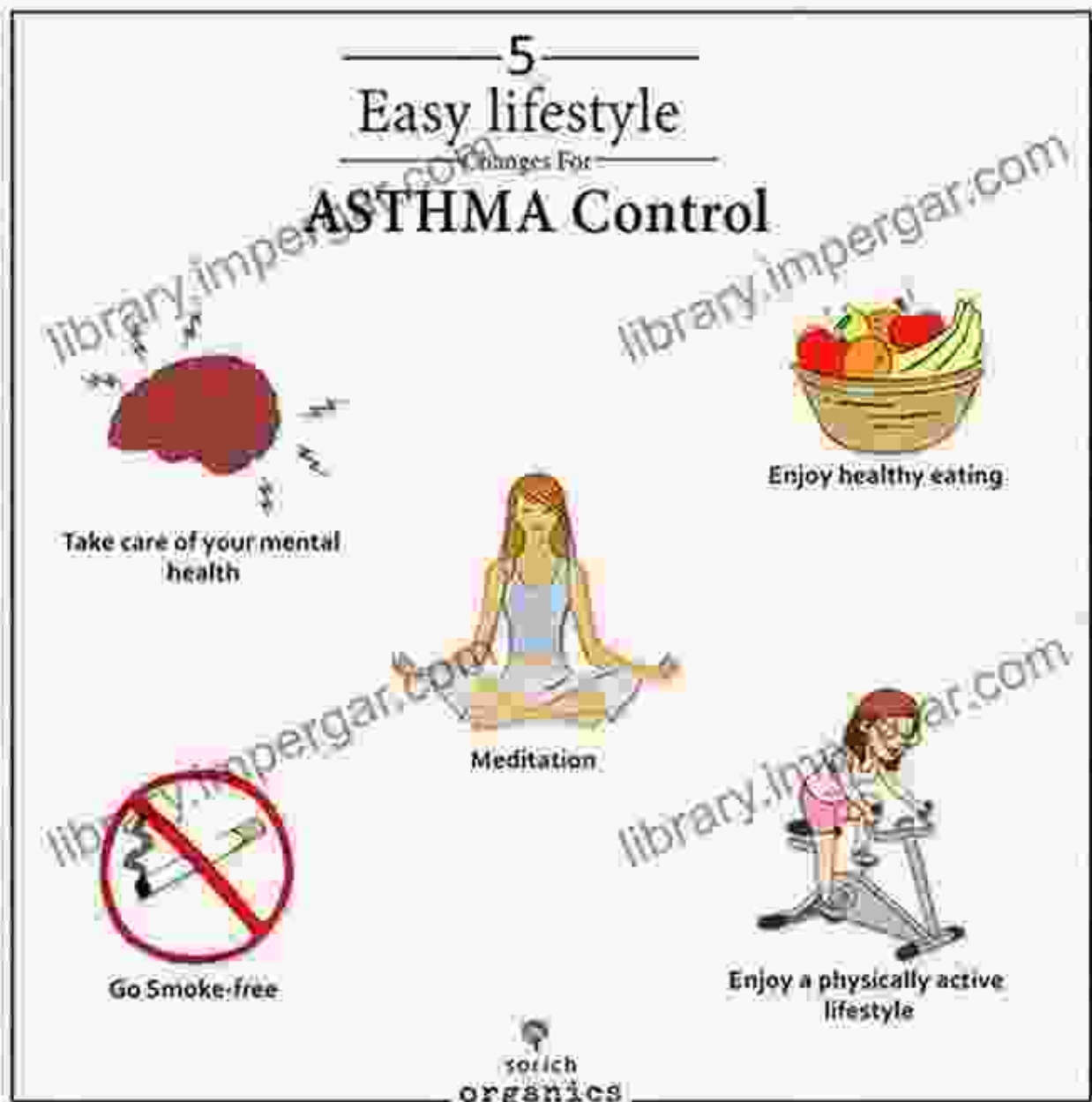
SABA	LABA	LAMA	LABA/LAMA	LABA/ICS
 Ventolin MDI 2 puff puffs (2.5 mg) (Salbutamol 100mcg)	 Formoterol (Cayston) 1 puff (4.8 mcg) (Formoterol 1.2mcg)	 Spiriva Inhaler 1 puff (4.2 mg) (Tiotropium 4.5mcg)	 Dulcero Inhaler 1 puff (4.2 mg) (Formoterol 1.2mcg) 100mcg	 Foster MDI (Resonair) 2 puff (4.2 mg) (Formoterol 1.2mcg) 100mcg
 Verolite Accuhaler 1 puff (4.2 mg) (Salbutamol 200mcg)	 Aerona Inhaler 1 puff (4.8 mcg) (Formoterol 1.2mcg)	 Spiriva Inhaler 1 puff (4.2 mg) (Tiotropium 4.5mcg)	 Dulcero Inhaler 1 puff (4.2 mg) (Formoterol 1.2mcg) 100mcg	 Duoresp Spiromax 2009 1 puff (4.2 mg) (Formoterol 1.2mcg) 100mcg
 Salimor Kasi Inhaler 2 puff (4.8 mg) (Salbutamol 100mcg)	 Oxva Inhaler 2 puff (4.8 mcg) (Formoterol 1.2mcg)	 Spiriva Inhaler 2 puff (4.2 mg) (Tiotropium 2.3mcg)	 Spiriva Inhaler 2 puff (4.2 mg) (Formoterol 1.2mcg) 100mcg	 Symcor Inhaler 2 puff (4.2 mg) (Formoterol 1.2mcg) 100mcg
 Bricanyl Inhaler 1 puff (4.2 mg) (Terbutaline 0.5mg)	 Bricanyl Inhaler 2 puff (4.2 mg) (Terbutaline 2.0mg)	 Innovell Inhaler 1 puff (4.2 mg) (Formoterol 1.2mcg)	 Aerona Inhaler 1 puff (4.8 mcg) (Formoterol 1.2mcg)	 Naver Inhaler 1 puff (4.2 mg) (Formoterol 1.2mcg) 100mcg
 Serevent Inhaler 2 puff (4.2 mg) (Formoterol 1.2mcg)	 Spiriva Inhaler 1 puff (4.2 mg) (Tiotropium 1.5mcg)	AEROCAMBER VOLUMATIC		
 Serevent Inhaler 1 puff (4.2 mg) (Formoterol 1.2mcg)	 Aerocamber plus (4.2 mg) (Volumatic)	 Volumatic Inhaler (4.2 mg) (Volumatic)	 Serevent Inhaler 1 puff (4.2 mg) (Formoterol 1.2mcg) 100mcg	

Types of asthma inhalers

Lifestyle Modifications

In addition to medication, lifestyle modifications can significantly improve asthma control. *Asthma: Controlling Your Condition at Home* offers practical advice on reducing exposure to asthma triggers, managing stress,

and maintaining a healthy weight. Readers learn about the importance of regular exercise, good sleep habits, and a nutritious diet.



Asthma Action Plans

An asthma action plan is a customized plan developed in collaboration with a healthcare professional. It provides clear instructions on how to manage asthma symptoms at home, including when to use medications and seek

medical attention. *Asthma: Controlling Your Condition at Home* guides readers through the process of creating a personalized asthma action plan.

ASTHMA ACTION PLAN
Take this ASTHMA ACTION PLAN with you, when you visit your doctor.

NAME _____ **DOCTOR'S CONTACT DETAILS** _____ **EMERGENCY CONTACT DETAILS** _____
DATE _____ **NEED ASTHMA CHECK-UP DATE** _____
Make a note of any changes to your condition.

WHEN WELL When you feel well, you should take your asthma medicine as directed. Keep a record of your asthma symptoms.

Your provider is: _____ (Name) _____ (Address) _____ (City) _____ (State) _____ (Zip)
Take _____ (Type) _____ (Dose) _____ (Frequency) _____ (Time)
 Use a spacer with your inhaler.
Your reliever is: _____ (Name) _____ (Type)
Take _____ (Dose) _____ (Frequency)
 Use a spacer with your reliever.
 Use a spacer with your controller.
OTHER INSTRUCTIONS: _____
 Contact your doctor.

WHEN NOT WELL When you are not well, you should take your asthma medicine as directed. Keep a record of your asthma symptoms.

Keep taking your controller: _____ (Name) _____ (Type) _____ (Dose) _____ (Frequency) _____ (Time)
Take _____ (Type) _____ (Dose) _____ (Frequency) _____ (Time)
 Use a spacer with your controller.
Your reliever is: _____ (Name) _____ (Type)
Take _____ (Dose) _____ (Frequency)
 Use a spacer with your reliever.
OTHER INSTRUCTIONS: _____
 Contact your doctor.

IF SYMPTOMS GET WORSE When your symptoms get worse, you should take your asthma medicine as directed. Keep a record of your asthma symptoms.

Keep taking your controller: _____ (Name) _____ (Type) _____ (Dose) _____ (Frequency) _____ (Time)
Take _____ (Type) _____ (Dose) _____ (Frequency) _____ (Time)
 Use a spacer with your controller.
Your reliever is: _____ (Name) _____ (Type)
Take _____ (Dose) _____ (Frequency)
 Use a spacer with your reliever.
OTHER INSTRUCTIONS: _____
 Contact your doctor today.

DANGER SIGNS Asthma can get very serious. If you have any of these signs, you should call 000 for an ambulance immediately.

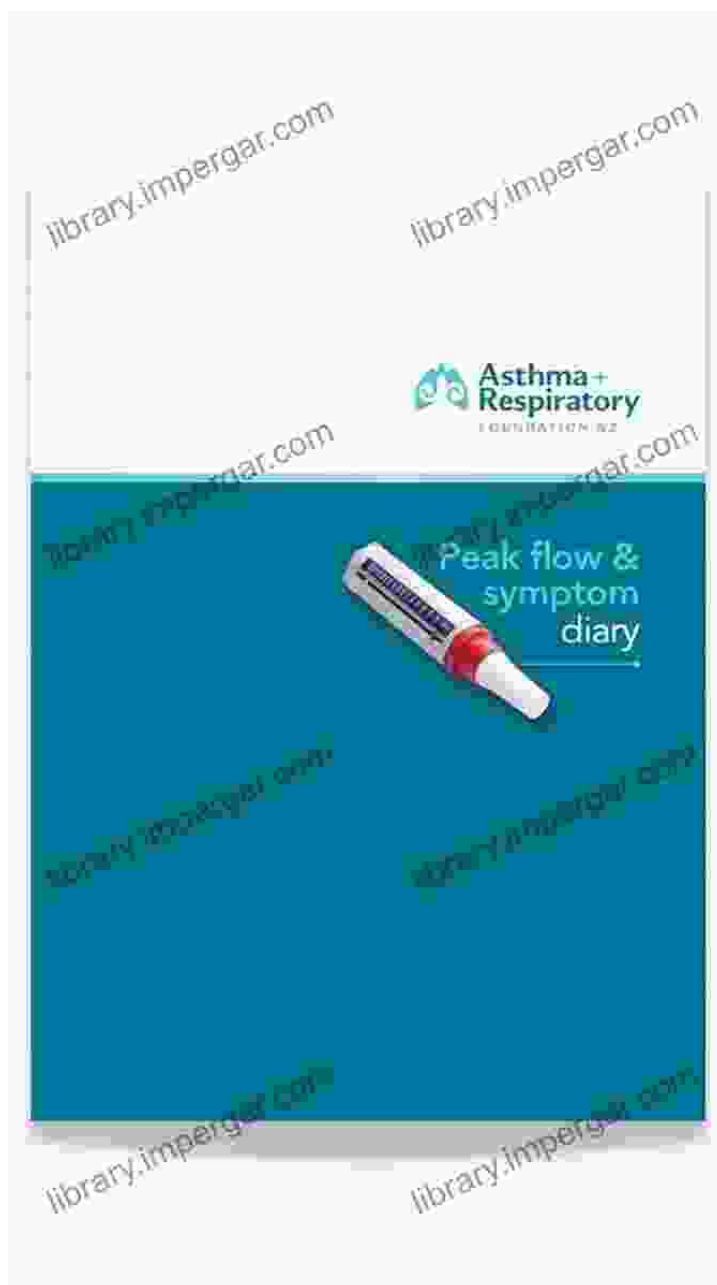
DIAL 000 FOR AMBULANCE Call an ambulance immediately. Say that this is an asthma emergency. Keep taking reliever as often as needed. Use your asthma medicine as directed (inhaler or spacer).

NATIONAL ASTHMA COUNCIL AUSTRALIA
nationalasthma.org.au

Asthma action plan template

Monitoring and Evaluation

Regular monitoring and evaluation are essential for effective asthma management. *Asthma: Controlling Your Condition at Home* teaches readers how to monitor their symptoms, track their peak flow readings, and recognize signs of worsening asthma. The book also provides guidance on when to contact a healthcare professional and how to prepare for medical appointments.



Support and Resources

Living with asthma can be challenging, but there is support available. *Asthma: Controlling Your Condition at Home* provides information on support groups, online communities, and other resources that can offer guidance and encouragement. The book also includes tips on how to advocate for oneself and navigate the healthcare system.

Asthma: Controlling Your Condition at Home is an invaluable resource for individuals with asthma who want to take an active role in managing their condition. By providing comprehensive information, practical advice, and a supportive approach, the book empowers readers to improve their health and live a fulfilling life with asthma.



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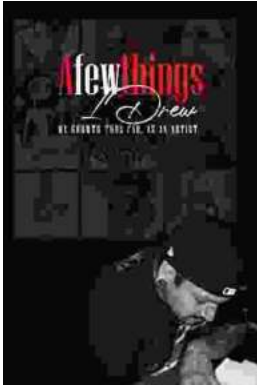
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