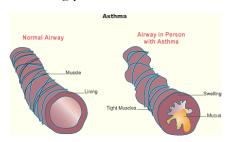


Try small steps toward a goal.

You Can Make a Difference in How You Feel

Did you know that if you have asthma, you always have inflammation (swelling) of your large airways (bronchiole tubes), even when you are not coughing, wheezing or having trouble catching your breath?



Did you know that things in your house and things that you do can trigger an asthma episode (attack)?

Triggers can cause inflammation (swelling) and mucus to get worse, which may cause asthma symptoms to happen more often.

When you are ready, you may want to try to get rid of triggers especially if they are around you a lot.

Have a clinic appointment?

Some things to think about...

- Are there any concerns or topics you want addressed at the visit?
- Do you need any forms filled out (i.e. sports, work permits)?

Bring with you...

- Information from any specialists (other clinics), therapists, emergency room visits, or inpatient admissions you have seen since your last clinic appointment
- Your spacer and inhaler

For more information, please contact:



Asthma Center Cincinnati Children's Hospital Medical Center

Appointment: 513-636-2601 Advice / Refills: 513-636-6771 After Hours: 513-636-4200

The Benefits of Healthier Asthma Choices

If you've thought about making changes to better control your asthma but it seems hard to get there, you may want to explore why. Or you may want to try small steps toward a small goal.



How My Asthma Makes Me Feel

Date								
I feel good								
I feel okay								
I feel bad								
I feel awful								
	AM	PM	AM	PM	AM	PM	AM	PM
Please check if controller med taken								
Please circle	Wheezing							
symptoms you had	Coughing							
	Shortness of Breath							
What I did to help my symptoms								

Instructions for the chart to the left:

- 1.Each morning and evening, write down how you are feeling (great, good, okay, bad or awful) by putting an "X" in the box.
- 2. Keep track of your symptoms by circling them under the appropriate time of day on the chart. Write down anything you did to help your symptoms.
- 3. Each morning and evening record if you took your controller medicine by putting an X in the box.
- 4. Make a note of any symptoms you are having, even if you are feeling okay, good or great.
- Please bring this chart to your next clinic visit.

Can I stop my asthma from getting in my way?

Preparing your lungs by getting rid of triggers and taking your medication can let you do more things that you want without asthma getting in your way.



Knowledge is Power

When you are ready, this is a website that can help you learn more about asthma: http://asthma.starlightprograms.org/homepage.htm



Can you identify any triggers?

Triggers that bother some teens:

- Tobacco smoke
- Mold
- Dust Mites
- Cold Air
- Pets
- Cockroaches
- Strong odors and sprays

Taking your medicine as prescribed can get rid of many of your asthma symptoms

- Quick relief medications (like albuterol) loosen the tight muscles around your bronchioles (large airways) and help make breathing easier when you are wheezing, coughing or having trouble catching your breath.
- Carrying this medication with you all the time makes sure that you are ready whenever an asthma episode (attack) happens.
- Long term controller medications are taken regularly (everyday) to decrease the inflammation (swelling) and mucus in the lungs and prevent asthma attacks. They usually take about 1 to 2 weeks of regular use to begin making your asthma symptoms less.