



Why worry about triggers?

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

Every person has different and specific triggers. Some triggers can be:

- Tobacco smoke
- Cold air
- Dust Mites
- Mold
- Cockroaches
- Pets
- Strong odors/sprays
- Exercise

There may be other triggers, but each person with asthma is different. It is important to try and find out your triggers and stay away from them as much as possible.

How do asthma medications work?

Asthma medications help control asthma so that the symptoms go away quickly.

Long Term Controller Medications

- Long term controller medications are taken regularly (every day) 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 working.

Quick Relief Medications

- Quick relief medications relax the muscles around the bronchioles (airways).
- They are taken when a person with asthma is coughing, wheezing or has trouble catching their breath.
- These medications usually work in about 15 to 30 minutes.
- It is important to carry quick relief medication with you **at all times** since you don't know when you will have an asthma episode.

**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

Getting Ready to Make Healthier Asthma Choices

**You've been thinking about
how to better control your
asthma. It may be time to
practice some skills that will
help.**

How My Asthma Makes Me Feel

					PM			Wheezing	Coughing	Shortness of	
					AM			Wheezing	Coughing	Shortness of	
					PM			Wheezing	Coughing	Shortness of	
					AM			Wheezing	Coughing	Shortness of	
					PM			Wheezing	Coughing	Shortness of	
					AM			Wheezing	Coughing	Shortness of	
					PM			Wheezing	Coughing	Shortness of	
					AM			Wheezing	Coughing	Shortness of	
					PM			Wheezing	Coughing	Shortness of	
					AM			Wheezing	Coughing	Shortness of	
Date					PM			Wheezing	Coughing	Shortness of	
I feel good					AM			Wheezing	Coughing	Shortness of	
I feel okay											
I feel bad											
I feel awful											
Please check if controller med taken											
Please circle symptoms you had											
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.



Maybe I can make a difference.



Will my asthma go away?

Asthma is not contagious. It is a lifelong disease which can be controlled with daily medication. You may still have an **asthma episode (attack) when your symptoms get worse.**

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

During an asthma episode, the bronchiole tubes produce too much mucus. This causes flooding and blocking of the large airways. The muscles around the airways also tighten, squeezing the airway, making it smaller and harder to breathe.

