

What would fewer asthma symptoms mean to you?

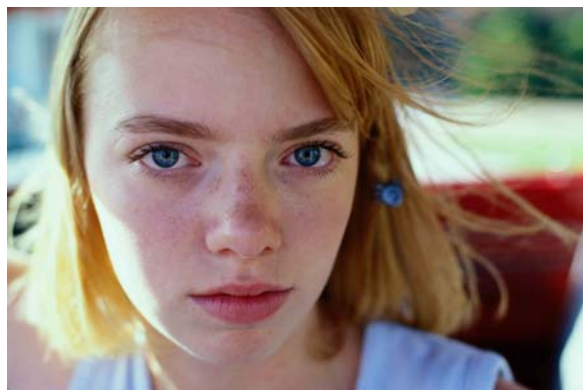
You can be more active and do the things you want to do by:

- Getting rid of triggers
- Taking your medication as directed

When you are ready, check out this website to learn more about asthma:

<http://asthma.starlightprograms.org/homepage.htm>

For More Information,
Please Contact:



Asthma Center

Cincinnati Children's Hospital Medical Center

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

Thinking About Healthy Asthma Choices:

What Fewer Asthma Symptoms
Could Mean for You

Maybe you're not ready to change anything yet –that's okay.

Just take a few minutes to think about what fewer asthma symptoms could mean for you.

Why Do Healthy Choices Matter?



Before a game, the fields need to be mowed, the lines need to be drawn and the equipment needs to be checked.

In the same way, lungs need to be prepared to breathe properly, especially when someone has asthma.

- When you have asthma, your lungs need to be prepared so you can breathe properly.
- Making healthy choices allows your lungs to be ready and able to handle your activity level.

Do You Know What Can Trigger an Asthma Attack?

Triggers can cause swelling and an increase in mucus in your lungs. Below is a list of things in your home that may act as a trigger:

- Tobacco smoke
- Mold
- Dust mites
- Cold air
- Pets
- Cockroaches
- Strong odors and sprays

When you are ready, you may want to try getting rid of some of these triggers.



Can you identify any triggers in your home?



Medication can help get rid of your asthma symptoms.

How Medicine Can Help Asthma Symptoms

Quick relief medications, like albuterol, can:

- Relax the muscles that squeeze your large airways (bronchioles) during an asthma attack
- Help you breathe easier when you experience:
 - Wheezing
 - Coughing
 - Trouble catching your breath

Carrying this medicine with you all the time makes sure that you are ready whenever an asthma attack happens.

Long term controller medications

- Taken every day to:
 - Decrease swelling and mucus in the lungs
 - Prevent asthma attacks
- Asthma symptoms usually improve once you have taken medication regularly for 1-2 weeks