For more information, please contact:

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Tough Times Happen

Even though you are taking care of your asthma, there are going to be times when you mess up. That’s okay. This only becomes a problem if it happens over and over again.

Keeping Healthy Asthma Habits

Asthma Center
Cincinnati Children’s Hospital Medical Center

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

Be proud of your progress! It’s a challenge to control your asthma with all the stuff you’ve got to do – and you are doing it! You have developed habits that you can keep for the rest of your life. Great job and keep up the good work!
You have been successful. That means you know how to do it!

Think about:

- What specific steps did you take to be successful with your goal?
- How did you overcome obstacles?
- Who supported you and how?
- How did you celebrate your success?
- Do you have a new goal that you would like to work on?

Common triggers are …

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

Plan ahead by…

- Having two inhalers, one for home and one for my sports bag/backpack.
- Making my appointments right away and writing them down on a calendar or putting them in my cell phone.
- Asking, before I spend time at a friend’s house, if anyone smokes there so I can avoid exposing myself to triggers for my asthma.
- Using my rescue inhaler 15 – 20 minutes before exercise if I have exercise induced asthma.

Staying on track

Here are some ideas to help stay focused on healthy habits:

- Remember what it felt like to have your asthma in good control.
- Imagine what it would be like to have fewer asthma symptoms.
- Think about what you will be able to do when your asthma is not bothering you.

I made a difference.