asthma and me

So your doctor’s told you that you have asthma? You’re not alone. Around 5.1 million people in the UK have asthma, (that’s around 1 in 13 adults). And like them – with a little help – there’s no reason why you can’t take control of your symptoms and continue to lead a full and active life.

In this booklet, you will find answers to your questions and directions on where to go for more help and advice.
Your doctor or practice nurse may have explained what asthma is and how it can be treated. But we hope that – after reading this pack – you'll understand the basics of asthma, feel reassured about your condition and know where to go for additional information.

If you have any further questions about asthma after reading this pack you can call the National Asthma Campaign's Asthma Helpline or get on-line at www.asthma.org.uk for more information.

**Asthma Helpline**
Call the Asthma Helpline for help and advice from asthma nurses who have the time to listen to your concerns and discuss what's right for you, in confidence.

**Asthma Helpline**
0845 7 01 02 03
advice that's right for you
Monday to Friday
9am to 7pm
calls charged at local rates
Asthma Helpline
0845 7 01 02 03
advice that's right for you
Monday to Friday
9am – 7pm

National Asthma Campaign website
www.asthma.org.uk

What to do in an asthma attack
1. Try to stay calm
2. Take your reliever (blue) inhaler
3. Call your doctor or an ambulance if no better after five minutes
4. Continue to take your reliever (blue) inhaler every few minutes until help is available
Key

more about asthma symptoms

You can use the key to find more detailed information on topics mentioned in this booklet.

check our website
www.asthma.org.uk

booklet or factsheet
call 0845 7 01 02 03

Asthma Helpline
call 0845 7 01 02 03

This pack includes:

- a personal asthma plan for you to keep in your wallet. Ask your doctor or nurse to fill it in at your next appointment. You can use this to take a note of your asthma treatment and to remind you what steps to follow in an emergency.

- a sheet of stickers to remind you of the Asthma Helpline number in case you need it.