WHAT ELSE IS IMPORTANT TO KEEP YOUR ASTHMA WELL CONTROLLED?

AVOID TRIGGERS

It is likely that there will be many different things that trigger your asthma so you probably won’t be able to avoid them all. The main ones are:

- Colds and viral infections
- House dust mite
- Tobacco smoke
- Pets
- Pollen

If anything in particular seems to make your asthma worse, make a note on your chart and talk to your doctor or nurse.

KEEP ACTIVE

Exercise is the best way to keep your body in tip top condition. It is fun and leaves you feeling good about yourself. However, exercise is also a common asthma trigger. But that doesn’t mean you should stop! Exercise is good for everyone, including people with asthma.

STOP SMOKING

If you have asthma and smoke, you will be damaging your airways and are increasing the risk of an asthma attack. Within a few weeks of giving up you should notice a huge difference. See your doctor or nurse for advice or ring quitline on:

0800 002200 (in England)
0800 848 484 (in Scotland)
0345 697 500 (in Wales)

FINDING OUT MORE

There are lots of ways to find out more about your asthma, your treatment and ways you can help yourself to be in control. Ask your doctor or nurse for leaflets.

Contact the National Asthma Campaign Asthma
Helpline 0845 7 01 02 03
open Monday – Friday, 9.00 am – 7.00 pm
(charged at local rates)

Look at the National Asthma Campaign’s website
www.asthma.org.uk
HOW TO USE YOUR PEAK FLOW METER

1. Push the number pointer on the peak flow meter back to zero
2. Take a good breath in
3. Seal your lips around the mouthpiece
4. Blow as hard and fast as you can
5. Write down the number score next to the number pointer
6. Do steps 1-5 again two more times
7. Mark down your highest number score with a dot or a cross on the peak flow graph on the other side of this card

IS IT AN EMERGENCY?

AN EMERGENCY IS WHEN ANY OF THE FOLLOWING HAPPENS:

1. Your reliever (blue) inhaler does not help
2. Your symptoms get worse (cough, breathless, wheeze, tight chest)
3. You're too breathless to speak

WHAT TO DO:

1. Continue to take your reliever (blue) inhaler
2. Call your doctor or an ambulance if no better after five minutes

SURGERY CONTACT NUMBER:
Be in control

WITH YOUR PERSONAL ASTHMA DIARY AND ACTION PLAN

CONTENTS

Inside:
Peak flow and symptom diary
Treatment Diary
Action Plan

On the back:
What to do in an emergency
How to use your peak flow meter
How to find out more about your asthma

NATIONAL ASTHMA CAMPAIGN
conquering asthma
<table>
<thead>
<tr>
<th>Symptoms are:</th>
<th>Peak Flow is:</th>
<th>Action is:</th>
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</thead>
<tbody>
<tr>
<td>No symptoms</td>
<td></td>
<td>Normal – continue your treatment or talk to your doctor/nurse about taking less treatment</td>
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<tr>
<td>Getting a cold, symptoms</td>
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<td>Take ........................................................................................................</td>
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<td>during daytime and/</td>
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<td>of ........................................................................................................</td>
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<td>or nighttime</td>
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<td>..........(times a day) and blue inhaler for relief of symptoms</td>
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<td>Out of breath</td>
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<td>Continue as a above and start steroid tablets</td>
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<td>Blue inhaler does not help</td>
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<td>........... mgs x ...............................................................................</td>
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<tr>
<td>Too breathless to speak</td>
<td></td>
<td>This needs emergency action straight away. See back page</td>
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Blow your peak flow first thing in the morning and in the evening before your treatment dose.

When you blow your peak flow do it twice and write down the best one, mark it on the chart provided, and put a dot on the chart opposite.

<table>
<thead>
<tr>
<th>What to use on an every day basis</th>
<th>How Much?</th>
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