

HEALTH TIPS

WHAT YOU CAN DO

Asthma

Asthma makes you cough and wheeze and can make it hard to breathe.



Smoking is bad for asthma.

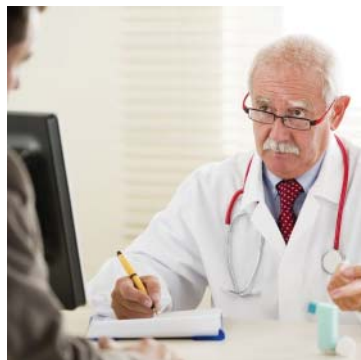
Here's what you can do to feel better.

- Learn how to control your asthma.
- Take your medicines and use your inhalers as prescribed.
- Work with your doctor's office to create an asthma action plan.
- Avoid common triggers that can set off your asthma.
- Do not smoke. Stay away from people who smoke.

During your visit to the doctor's office or clinic ask:

- How to use your inhaler. To view videos on how to use common inhalers, go to www.acponline.org/patient_tools.
- About long-term medicines and quick relief medicines.
- How to find what triggers your asthma.

Call your doctor or go to the hospital if it is hard to breathe and your medicines are not helping.



Ask your doctor what triggers your asthma.

Before you begin taking medicine or using an inhaler for asthma, ask your doctor or pharmacist these questions:

- Will you show me the right way to use my inhaler? _____
- How many times a day should I use my inhaler? _____
- What medicines will keep asthma attacks from happening? _____
- What medicines do I use to stop asthma attacks when they come on? _____
- What are the side effects of my inhalers and my other medicines? _____
- What should I do if I suffer a serious side effect? _____
- If I forget to use my inhalers or take my breathing medicines, what should I do? _____
- Are there foods or drinks I should not have while taking my medicine? _____



Ask about the right way to use the inhaler.

My next appointment is _____

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For more information, go to www.MedlinePlus.gov and search for "Asthma".

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