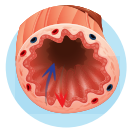
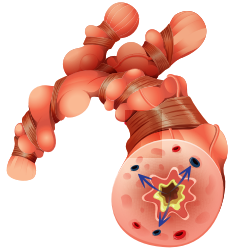


What is it?



Normal Airway



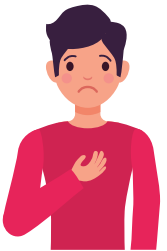
Asthma Airway

- Asthma is the chronic inflammation of the bronchial tubes
- Air travels through bronchial tubes
- Inflammation causes airways to narrow and makes it hard to breath

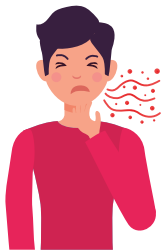
Asthma involves 2 components

- 1 Chronic inflammation
- 2 Bronchoconstriction (tightening of the airway)

Symptoms



Wheezing



Coughing



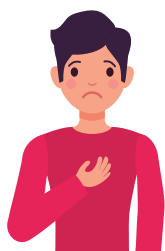
Shortness of breath



Trouble breathing



Chest pain



Chest tightness

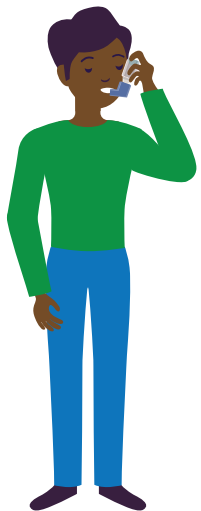
Diagnosis

- Lung function test (spirometry)
- Clinical diagnosis based on your symptoms and response to asthma medication

Triggers



- Abrupt change in weather
- Exercise – especially in cold air
- Substances that cause allergies (dust, pollen, animal hair)
- All forms of smoke



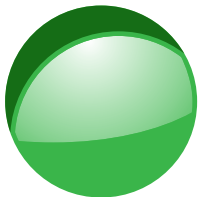
Medication

- Short-acting bronchodilators (also known as “relievers” or “rescue”) which relaxes the muscles around the airways.
- Tablets, including leukotriene modifying agents may also be prescribed.
- Long-acting (also known as “controllers”) include inhaled corticosteroids, or inhaled corticosteroids in combination with long acting bronchodilators. These medications must be taken on a regular basis to keep the airways open over time.

Monitoring

Peak flow meter –
Medication should increase
when the reading is low

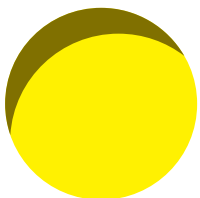
An asthma action plan is divided into three zones:



- Cough or wheezing occurs less than two days a week and not at night.
- Medicine might need to be taken daily to remain in the Green Zone.

WHAT TO DO?

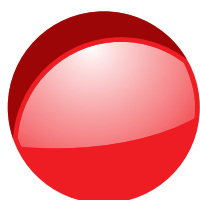
The **Green Zone** is an indication that the condition is well controlled.



- Cough or wheezing occurs more than two days a week.
- Cough or wheezing occurs at night or during sleep.
- Cough or wheezing occurs during normal every day activities.

WHAT TO DO?

Start **Yellow Zone** medicine and continue for about 1-2 weeks. Administer quick reliever medicine every four hours or as needed. If you feel better after 1-2 weeks, return to Green Zone or seek your medical professional.



- Cough or wheezing occurs throughout the day.
- Short of breath is noticed whilst resting, talking or walking.
- Chest is sinking in around the ribs or at the neck.
- The need to use a quick reliever/inhaler increases to several times a day.

WHAT TO DO?

Start **Red Zone** medicine, which should be a liquid or a tablet taken orally. Call your doctor and let them know that you are in the Red Zone and seek advice. Alternatively, contact your nearest ambulance services in case of an emergency.