**MANAGING ASTHMA**

Asthma is a common lung condition that can cause breathing difficulties in children and adults. There isn’t a cure, but some simple treatment can help to keep the symptoms under control.

If you have asthma, you may be experiencing:

* a wheezing sound when you breathe
* breathlessness
* a feeling of tightness in your chest
* coughing
* occasional asthma attacks in which your symptoms get temporarily worse.

If you think you or your child may have asthma, it’s important to get your condition diagnosed. The usual treatment is to use an inhaler which lets you breathe in medicines. The main types are:

* reliever inhalers, to be used when needed to relieve asthma symptoms
* preventer inhalers, to be used every day to prevent symptoms happening
* and sometimes tablets to take as prescribed.

Asthma symptoms can be triggered by any of the following:

* allergic reactions to things like house dust mites, pollen, animal fur, perfumes or chemicals in cleaning products and air fresheners etc.
* infections such as colds and flu
* exercise.

Knowing what your asthma triggers are and avoiding them can help you to keep symptoms under control.

Asthma is a long-term condition and is sometimes hereditary. It needs to be managed to avoid the risk of severe attacks which can be life-threatening, and to improve the patient’s quality of life. With the right treatment the symptoms are generally well controlled.

*Sent by Dr Virmani and Dr Bedi’s patient participation group*