

# TOP TIPS FOR MANAGING ASTHMA

Asthma is a common condition which affects the lungs.

## Symptoms include:



Cough



Tight feeling in the chest



Wheeze (whistling sound when breathing)



Breathlessness



## Triggers for asthma include:

Having asthma makes you more likely to have difficulty breathing or asthma attacks when you come into contact with your trigger irritant or allergen.



## Treatments for asthma include:

### Preventer inhaler

Every person with asthma needs to use a preventer inhaler to reduce the inflammation in the airway. They need to be used daily to build up protection in the airways.

### Reliever inhaler

Reliever inhalers should be taken when you have symptoms of cough, wheeze, chest tightness or difficulty with breathing. They usually provide relief within a few minutes.

### Spacers

Spacers help deliver the medication into the airway to make it work better.



## If hay fever or allergic rhinitis makes your asthma worse you may also need:

**Corticosteroid nasal spray;** very effective for reducing the 'stuffy nose' feeling of allergic rhinitis and hayfever.

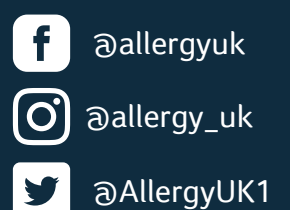
**Antihistamines;** help reduce itch and runny nose associated with allergic rhinitis and hayfever.

Speak to your pharmacist or healthcare professional if you are not sure which products are suitable for you.



**Caution - Asthma symptoms can be severe, requiring urgent medical help. If you suspect you have symptoms of asthma or your asthma is worsening, it is important to speak to a healthcare professional to receive the right care and treatment**

Contact our Helpline Monday-Friday, 9am-5pm  
Call: 01322 619898  
Email: [info@allergyuk.org](mailto:info@allergyuk.org)  
More info on asthma Visit: [www.allergyuk.org](http://www.allergyuk.org)  
Asthma UK: [www.asthma.org.uk](http://www.asthma.org.uk)



Production of this poster was supported by ALK