



FOCUS ON ASTHMA

**World
Asthma Day
5th May 2021**

Did you know?

Someone is having a potentially life-threatening asthma attack in the UK on average every 10 seconds.¹

On average 3 people in the UK die every day from an asthma attack.¹

Find out more at www.ginasthma.org/wad/

Aims of asthma treatment:

- **NO** daytime symptoms
- **NO** night-time waking due to asthma
- **NO** need to use reliever inhalers (usually blue)
- **NO** asthma attacks
- **NO** limitation on your daily life (work, school and exercise)

Triggers

People with poorly controlled asthma have **hypersensitive** airways that are inflamed (swollen) and ready to react to "triggers":

- ⇒ pollen
- ⇒ smoke
- ⇒ dust
- ⇒ cold weather
- ⇒ exercise
- ⇒ virus (such as cold or flu)

Symptoms

When the airways react they become narrower and more **irritated** which cause asthma symptoms:

- * wheezing
- * coughing
- * shortness of breath
- * chest tightness

Long term inflammation can cause permanent damage to occur in the airways, worsening lung function and symptoms, which then may no longer respond to your reliever inhaler.

Reliever Inhaler

**YOUR RELIEVER INHALER
DOES NOT TREAT THE
UNDERLYING INFLAMMATION
IN YOUR AIRWAYS**

Salbutamol provides quick relief by relaxing the muscles in your lungs to widen the airways and reduce your asthma symptoms.

Preventer Inhaler

Steroids reduce inflammation, and are used to reduce inflammation in the airways.

By using your preventer inhaler regularly, you can reduce inflammation in your airways, reducing further damage to your lungs, and reducing their sensitivity to your triggers, preventing asthma symptoms and an asthma attack.

For more information visit the Asthma UK website at www.asthma.org.uk

IS YOUR ASTHMA WELL CONTROLLED?

During the past week:

1. Have you had any difficulty sleeping because of your asthma symptoms, including cough?
2. Have you had your usual asthma symptoms during the day (cough, wheeze, chest tightness or breathlessness)?
3. Has your asthma interfered with your usual activities (housework, work, school etc.)?
4. Have you used your reliever inhaler (usually blue) 3 or more times?

Answering "yes" to any of these questions may indicate that your asthma is poorly controlled.

TAKE CONTROL NOW!

Please complete the **Asthma Questionnaire** via the practice website www.hay-garth.co.uk/navigator/asthma-review/ and a follow up telephone appointment will be arranged.