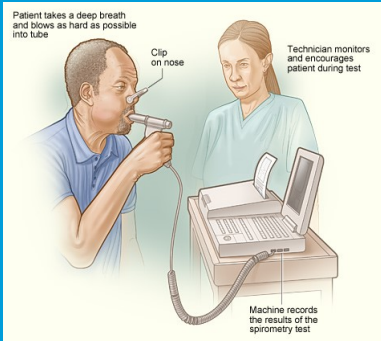


Diagnosis and Management:

Spirometry: measuring how much air is in your lungs (FVC) and how fast you can empty your lungs (FEV1). This test can help determine if your airways are shrinking due to an asthma trigger. Your doctor might repeat the test after trying an albuterol inhaler.



Treatment: rescue inhalers, daily inhalers, steroid inhalers, daily pills (Leukotriene Modifiers). Your doctor will help figure out what is best for you and create a plan that will greatly increase your quality of life!

What Do I Do About It?

Make an Asthma Action Plan:

https://www.nhlbi.nih.gov/files/docs/public/lung/asthma_actplan.pdf

Always use your medications, even when you're feeling good! Consistency reduces trips to the emergency room and reduces the number of asthma attacks that can keep you from doing the things you love.

Asthma Action Plan

For _____ Doctor: _____ Date: _____
 Doctor's Phone Number _____ Hospital/Emergency Department Phone Number _____

GREEN ZONE

Doing Well

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- Can do usual activities

And, if a peak flow meter is used,
Peak flow: more than (80 percent or more of my best peak flow)
 My best peak flow is: _____

Take these long-term control medicines each day (include an anti-inflammatory).
Medicine _____ **How much to take** _____ **When to take it** _____

Before exercise 2 or 4 puffs _____ 5 minutes before exercise

YELLOW ZONE

Asthma is Getting Worse

- Cough, wheeze, chest tightness, or shortness of breath, or
- Waking at night due to asthma, or
- Can do some, but not all, usual activities

Peak flow: _____ to _____ (50 to 79 percent of my best peak flow)

RED ZONE

Medical Alert!

- Very short of breath, or
- Quick-relief medicines have not helped, or
- Cannot do usual activities, or
- Symptoms are same or get worse after 24 hours in Yellow Zone

Peak flow: less than _____ (50 percent of my best peak flow)

DANGER SIGNS

- Trouble walking and talking due to shortness of breath
- Lips or fingernails are blue

Take this medicine:
 _____ (short-acting beta₂-agonist) _____ 4 or 6 puffs or 1 Nebulizer
 _____ (oral steroid) _____ mg

Then call your doctor NOW: Go to the hospital or call an ambulance if:
 ■ You are still in the red zone after 10 minutes AND
 ■ You have not reached your doctor.

Take 4 or 6 puffs of your quick-relief medicine AND
 Go to the hospital or call for an ambulance _____ NOW!

Know when to step up your medications, when to make an appointment with your doctor, and when to go to the emergency room.

A Pocket Guide to: Asthma

What You Need To Know

R.I.C.H.
 Online Cookbook

Recipes Improving Colorado Health



Connecting Students to Careers, Professionals to Communities and Communities to Better Health

What is Asthma???

Asthma is a chronic inflammatory disease of the airways. When we breathe, air passes through a tube called the trachea into the lungs where the airways continue to divide into smaller and smaller tubes. In the smallest airways, oxygen passes into our blood and travels throughout the body. In asthma, inflammation causes the airways to constrict and less air can reach the blood vessels. Asthma can be triggered by many different things including exercise, allergies, infections, and exposures at work like fumes or dust.

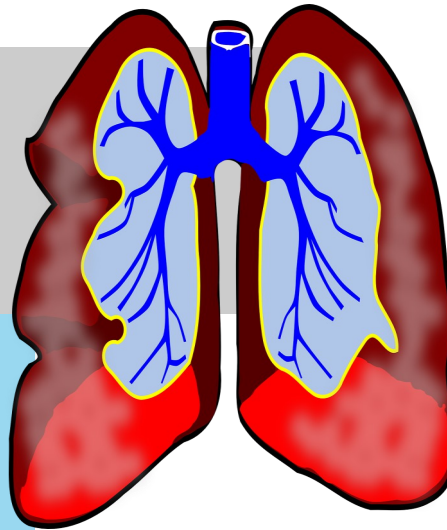
These triggers cause the body's immune system to overreact and release chemicals that cause the airways to shrink. The body thinks that it is protecting you from something dangerous like bacteria or viruses but it is actually making it harder for you to breathe! Sometimes asthma is so severe that people need to be hospitalized to make sure their bodies get enough oxygen. After a long time, these overreactions can cause the lungs to get thicker which can make it hard to breathe even when you don't run into your trigger.

Do I Have Asthma?

Do you experience episodes of:

- Wheezing (most common, a whistling sound while you breathe)
- Shortness of Breath (feeling like you can't get enough air into your lungs)
- Chest Pain or Tightness
- Chronic Coughing (especially at night).

Especially when these symptoms only occur after a trigger like exercise, inhaling smoke or dust, or allergies.



Should I See My Doctor?

If untreated, asthma can cause you to....

- Not sleep well and lose your energy
- Need sick days from school or work during asthma attacks
- Develop thickened airways that make it hard to breath all the time
- Go to the emergency room or hospital for help and treatment
- In very severe cases, asthma can even cause death

FOR MORE TIPS AND RECIPES TO IMPROVE YOUR HEALTH VISIT:

<http://yourcareerplan.org/RICHcookbook>



Healthier Recipes for a Healthier Colorado