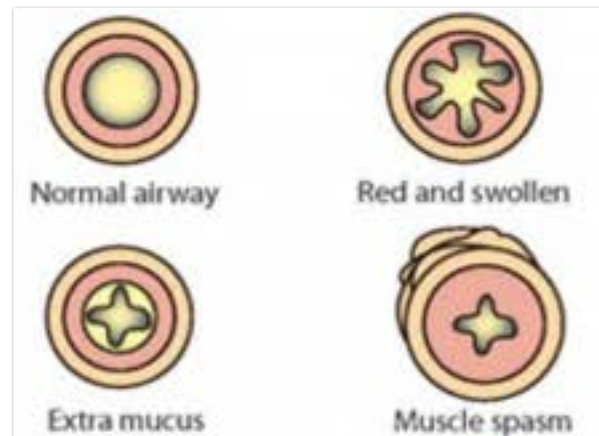


What is Asthma?

It is a condition where people have sensitive airways that when triggered make breathing difficult.

Three parts:

- ♦ Airway lining becomes red and swollen
- ♦ Excess mucus production that blocks the airways
- ♦ Muscles around the airways become tight.
- ♦ Untreated asthma can cause permanent damage to the airway



Symptoms

- Cough that doesn't stop
- Shortness of breath
- Chest tightness
- Wheezing

Symptoms are more likely to happen at night, in the morning or after activity.

Triggers

Conditions or Situations that can set off or worsen asthma. They are different between each person and avoiding them can prevent asthma attacks

Cold or flu
Smoke
Exercise
Inhaled allergens

Signs of an asthma attack

Mild	Cough Minor Difficulty Breathing No difficulty speaking in sentences
Moderate	Persistent Cough Obvious Difficulty Breathing Short sentences
Severe	Gasping for Breath Pale and sweaty May have Blue lips Speaks only a few words at a time

Workplace environment
Dust and other forms of pollution
Changes in weather/season
Some medications
Stress



Management

To manage asthma, you can use medication as well as manage the triggers.

The main medications used are puffers. The reliever puffer which is **blue**, and the preventer puffer which is **orange**. Doctors can help you with managing your asthma with an asthma action plan.



Exercise should not be avoided, and if exercise does trigger symptoms, a preventer puffer should be used. If there are symptoms present during activity, then the management isn't enough.

Smoking worsens asthma symptoms and increases the risk of asthma attacks.

Breathing in other people's smoke is also harmful, worsens asthma and increases risk for infections which is a trigger.

How WAMS can help you

Recognise and diagnose asthma

Doctors can review your asthma medication and provide you with an asthma action plan every 6 months. They can also help you with using a puffer properly

Administer and teach asthma first aid

Assist you in quitting smoking



**Walgett Aboriginal
Medical Service**

More information

- www.quit.org.au
- Quitline
131848
- Asthma Foundation
- Asthma Info Line
1800 ASTHMA (1800 278 462)

Asthma



Information from:

Asthma Australia 2014 [Cited 11 March 2014], Australian Government Department of Health and Aging,
Available from: <http://www.asthmaaustralia.org.au/>

Asthma Management Handbook 2006 [Cited 11 March 2014], National Asthma Council Australia, Available from :http://www.nationalasthma.org.au/uploads/handbook/370-amh2006_web_5.pdf

Telephone Number:
(02) 6820 3777