

Top 10 tips for Asthma Management

1. ALWAYS carry your reliever (blue) puffer with you.
2. Have an “asthma plan” with your family and friends and your workplace or school.
3. Remember that asthma need not stop you from achieving your goals in life, whatever these might be. You just need to plan effectively.
4. Know your triggers and avoid these where possible (eg: particular foods, medications, chemicals and pollutants).
5. Remember that whilst exercise can be a trigger for an attack, with the right approach it can be managed effectively and can limit the impact of asthma in your life (remember that many elite athletes are asthmatic).
6. Always warm up and cool down before and after exercise with 10 to 20 minutes of light exercise and stretches.
7. Check with your doctor as to which puffer you should use before engaging in exercise and use this 5 to 10 minutes prior to your warm up.
8. Visit your doctor at least every 6 months to review your asthma and general management of asthma.
9. Be familiar with first aid procedures for managing emergencies and ensure that family and friends are also familiar with these.
10. Remember that your thoughts play a crucial role in how you manage your asthma. Worrying thoughts and the stress associated with these can severely impact on your quality of life. An asthma management program can help you in identifying and challenging any self-limiting or other unhelpful thought processes.