

Asthma Triggers

Pay attention to things that seem to make your asthma worse—these are called triggers. Everyone's triggers are different. Your goal is to know your triggers and how to stay away from them when possible.

Smoke

- If you smoke, get help to quit.
- Don't allow smoking in the house or car.
- Make sure wood-burning stoves and fireplaces are well ventilated.

Dust Mites

- Keep mattresses and pillows in dust-proof covers.
- Wash your pillows, sheets, and blankets each week. Use very hot water.
- Remove stuffed toys from the bedroom, or wash them weekly in hot water.
- Stay out of rooms that are being vacuumed.
- Take rugs or carpets out of the bedroom.

Pets

- Don't keep pets with fur or feathers in your bedroom or home.

Cockroaches

- Don't keep food in your bedroom.
- Keep food and garbage sealed.

Mold

- Fix leaky faucets and pipes.
- Clean moldy surfaces with bleach.
- Keep shower curtains clean.



Strong Odors

- Avoid perfume, talcum powder, aerosol sprays like hair spray or insect spray, and strong-smelling cleaning products.

Weather

- On cold days, cover your nose and mouth with a scarf or wear a turtleneck.

Pollen

- Stay inside and keep windows closed when pollen levels are high.

Exercise

- Ask your doctor if you should take asthma medicine before you exercise.

Colds

- Avoid people with colds.
- Get plenty of rest.
- Drink plenty of fluids.

If you can't stay away from your triggers,
talk with your doctor to find ways to manage them.

Peak Flow Tracking Sheet

Name: _____

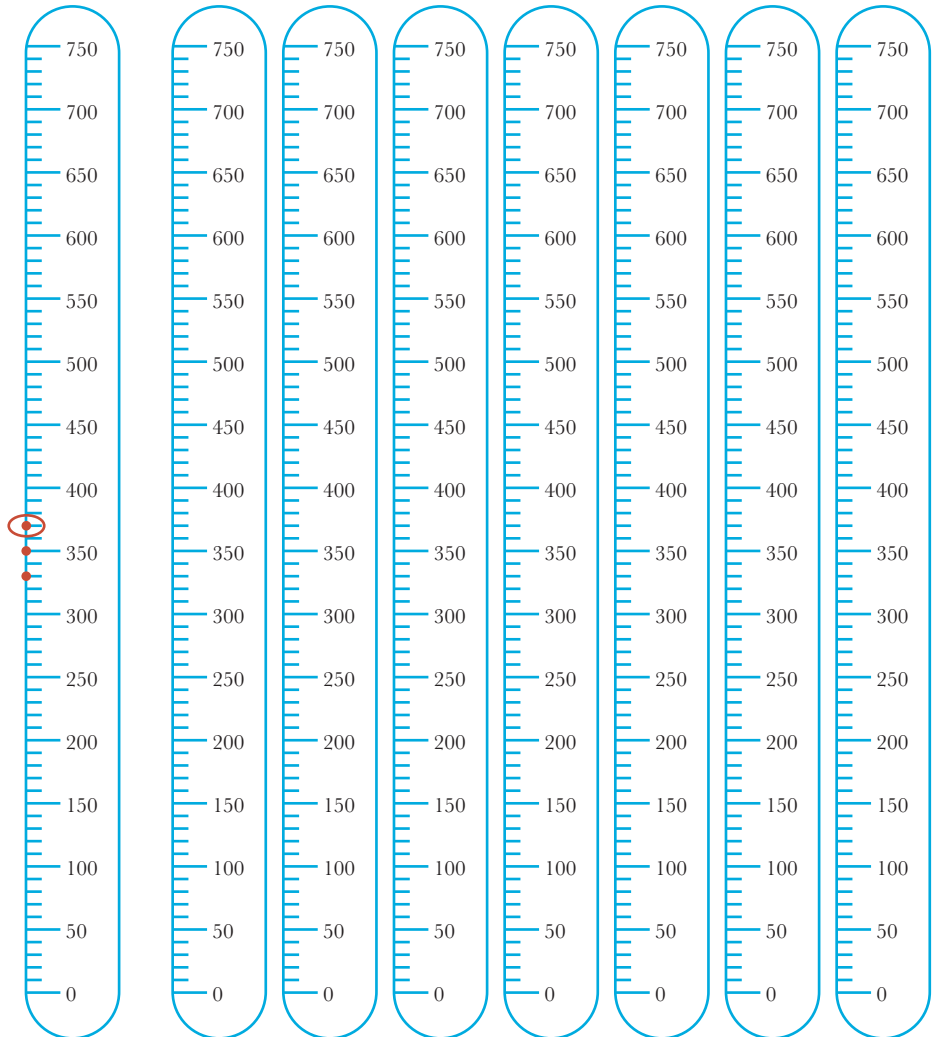
Personal Best Peak Flow: _____

Sample Day **Mon**
 Sample Peak Flow Number **370**

Mon Tues Wed Thur Fri Sat Sun

Directions:

- 1 Take 3 peak flow readings every day. Try to take the readings at the same time every day—morning is a good time to use your peak flow meter.
- 2 Mark each number on this sheet.
- 3 Circle the highest of the 3 numbers. That is your peak flow number for that day.
- 4 Check your Asthma Action Plan. What is your zone? What medicines should you take?



Keep a diary of your peak flow readings. Show it to your doctor.



This material was developed by GlaxoSmithKline.

Using a Peak Flow Meter

A peak flow meter measures how well you are able to push air out of your lungs. You can use it to find out if your airways are getting tighter.

Your peak flow reading helps tell you if your asthma symptoms are under control, if they are getting worse, or if you need emergency care. By keeping a record of your peak flow numbers and using an Asthma Action Plan, you and your doctor can make decisions about how to best manage your asthma.

Follow These Steps:

- 1 • Stand up or sit up straight.
 - Slide the marker to 0.
 - Do not cover the numbers on the meter with your fingers.
- 2 • Take in a deep breath with your mouth open.
 - Quickly close your lips around the tube. Do not put your tongue in the hole.
 - Blow out once, as fast and as hard as you can.
- 3 • Take the meter out of your mouth.
 - Find the number where the marker stopped.
 - Mark this number on your peak flow tracking sheet.
 - Slide the marker back to 0.

Then:

- Take 2 more readings.
- Mark each number on your peak flow tracking sheet.
- Circle the highest number. This is your peak flow number.
- Check your Asthma Action Plan to see which medicine you should take.



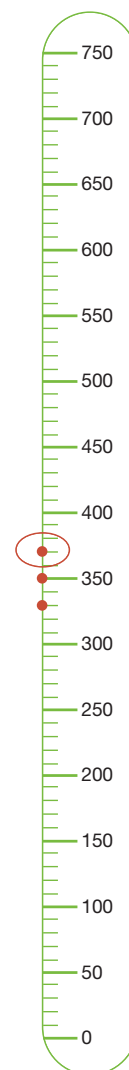
Slide marker to 0



Take a deep breath; make a seal with your lips; blow out



Take 3 peak flow readings



REMINDER: Use your peak flow meter as directed by your doctor. Try to take the readings at the same time of the day.

Asthma Visit Checklist

Answer the questions below before your next visit and be sure to talk with your doctor about your answers.

- In the past few weeks, have you coughed, wheezed, felt short of breath, or had chest tightness?
 - During the day? Yes No
 - At night causing you to wake up? Yes No
 - During or soon after exercise? Yes No
- Do you take your “quick-relief”(rescue) medicine more than two times a week? Yes No
- What medicines are you taking for asthma and how often do you take them?

- Does anything at home, work, or school make your asthma worse? Yes No
If yes, what is it? _____
- Have you missed work or school because of your asthma? Yes No
- Have you gone to the emergency department or been in the hospital because of your asthma? Yes No If yes, how often? _____
- Do you have an Asthma Action Plan from your doctor on:
 - What to do if you are having an asthma attack? Yes No
 - How to take your asthma medicine on days when you are not having an asthma attack? Yes No
- Have your asthma medicines caused you any problems like shakiness, sore throat, or upset stomach? Yes No
- What do you want to be able to do that you cannot do now because of your asthma?

- What other questions or concerns do you have?

Bring all your medicines with you and ask your doctor to watch how you take your inhaled medicines.