

HealthyActions

Achieving Your Goals for Healthy Living



Getting Total Control

Asthma Triggers: An asthma trigger is anything that causes your asthma to get worse.

Being diagnosed with a chronic (long-lasting) condition can be hard. Living with asthma can make you feel angry, afraid, or sad. Learning about your asthma and finding tools and support can help you to gain control.

Asthma is a chronic condition, but it can be controlled. Asthma may disrupt your life, but there are many things you can do to ease the struggle.

You can live a normal life.



Getting Control:

Make an asthma action plan with your doctor.

Follow your asthma treatment care plan.

Take asthma medicines exactly as your doctor tells you.

Avoid your asthma triggers.

Know and listen to your early warning asthma signs and act right away.

Using a peak flow meter or an asthma diary can help you understand and manage your asthma better. These tools can help you know your early asthma symptoms, triggers, and how well your asthma is in control. Be sure to share this with your doctor.

A **Peak Flow Meter** is a small machine that you can carry with you. It measures how well air moves out of your lungs when you breathe. Peak flow meters check your asthma the way that blood pressure cuffs check high blood pressure.



Getting Total Control



Asthma action plans help you stay in charge of your asthma. When your treatment plan is working you can:

Breathe freely

Have fewer or no asthma episodes

Miss less work or school because of asthma

Play sports and exercise

Avoid emergency room visits or going to the hospital due to asthma

Sleep through the night

What Can You Do?

Work with your doctor to learn more about controlling your asthma. Counseling or support groups may help you and your family. You can talk about living with a chronic health condition. This can help you when coping with your asthma challenges.

Having a positive attitude helps.

Asthma can be managed with proper care. With total asthma control you can enjoy living without limits.