

Joydens Wood Pharmacy

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Opening Times

Monday 9am - 6.30pm
Tuesday 9am - 6.30pm
Wednesday 9am - 6.30pm
Thursday 9am - 6.30pm
Friday 9am - 6.30pm
Saturday 9am - 4.30pm
Closed for Lunch 1pm - 2pm

Your FREE Healthy Living Leaflet for May 2017

1. What is asthma?
2. Who does it affect?
3. What are the symptoms?
4. What are the causes?
5. What are the treatments for asthma?
6. What are the complications?
7. How many people die from asthma in the UK?
8. What should you do if you have an asthma attack?
9. What should you do after an asthma attack?
10. How do you prevent asthma attacks?



Answers on the bottom of page two

What is asthma?

Asthma is a common lung condition that causes occasional breathing difficulties. It affects people of all ages and often starts in childhood though it can appear for the first time in adulthood. There is no cure but there are simple treatments that can help keep the symptoms under control. Some people, especially children, may eventually grow out of asthma but for others it is a lifelong condition.

What are the symptoms and causes of asthma?

The main symptoms of asthma are:

- Wheezing – a whistling sound when breathing
- Breathlessness
- A tight chest which may feel like a band is tightening around it
- Coughing

The severity of the symptoms vary from

person to person. They usually come and go but for some they are more persistent. Asthma symptoms can sometimes get temporarily worse and this is called an asthma attack. Asthma is caused by inflammation of your breathing tubes that carry air in and out of your lungs. This swelling narrows your breathing tubes and can occur randomly or in response to a trigger. Common triggers include:

- * Allergens such as house dust mites, animal fur and pollens
- * Other irritants like cigarette smoke, strong smells, gases and cold air
- * Exercise
- * Chest infections



Treatments for asthma and complications of

asthma

Currently there is no cure for asthma but there are a number of treatments that can help to control the condition. Most treatments include using an inhaler that delivers a spray or powder to your breathing tubes as you breathe in.

The main treatments are:

- ◆ Identifying and avoiding asthma triggers if possible
- ◆ Reliever inhalers – inhalers used when needed to quickly relieve asthma symptoms for a short time
- ◆ Preventer inhalers – inhalers used regularly every day to reduce inflammation in the breathing tubes, which prevents asthma symptoms.



There can be a number of complications that can arise from asthma up to and including death – 3 people die from asthma every day in the UK. Other complications include:

- ❖ Persistent tiredness
- ❖ Underperformance or absence from work or school
- ❖ Psychological problems - including stress, anxiety and depression
- ❖ Disruption of your work and leisure because of unexpected visits to your GP or hospital
- ❖ Lung infections (pneumonia)
- ❖ In children delays in growth or puberty



Asth- at- tacks

If you are suffering from an asthma attack you should:

1. Sit down and try to take slow, steady breaths. Try to remain calm, as panicking will make things worse
2. Take one puff of your reliever inhaler (usually blue) every 30-60 seconds up to a maximum of 10 puffs. It is best to use a spacer if you have one
3. Call 999 for an ambulance if you don't have your inhaler with you, you feel worse despite using your inhaler, you don't feel better after taking 10 puffs or you're worried at any point.
4. If the ambulance hasn't arrived within 15 minutes repeat step 2



After an attack you should see your GP within 48 hours of leaving hospital or within 24 hours if you don't need hospital treatment. One in six people treated in hospital need hospital care again within two weeks, so it's important to discuss how you can reduce risk of future attacks.

The following steps can help you reduce your risk of having an asthma attack:

- ★ Follow your personal asthma action plan and take all your medicines as prescribed
- ★ Have regular asthma reviews with your GP or asthma nurse – these should be done at least once a year
- ★ Check with your GP or asthma nurse that you're using your inhaler correctly
- ★ Avoid things that trigger your symptoms whenever possible.

If you would like more information about asthma or any other health concern please call in to talk to one of our trained team.

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Answers: Q1, It is a common lung condition that causes occasional breathing difficulties. Q2, People of all ages. Q3, Wheezing, breathlessness, a tight chest and coughing. Q4, Allergens e.g. House dust mites, animal fur and pollens, irritants like cigarette smoke, strong smells, as and cold air, exercise and chest infections. Q5, Identifying and avoiding asthma triggers if possible, reliever inhalers for quick relief of the symptoms, preventer inhalers for reducing inflammation in the breathing tubes. Q6, Badly controlled asthma can result in persistent tiredness, underperformance, psychological problems, unexpected visits to your GP or hospital, lung infections, in children delays in growth or puberty, severe asthma attacks. Q7, 3 a day. Q8, Sit down and remain calm, take one puff of your inhaler every 30-60 seconds up to 10, call 999 if you don't have your inhaler with you. Q9, You should see your GP within 48 hours of leaving hospital or within 24 hours if you didn't need hospital treatment. Q10, Follow your personal action plan and take all your medicines as prescribed, have regular asthma reviews, check that you are using your inhaler correctly, avoid triggers.