

ASTHMA

Awareness & Care Plan

What Is Asthma?

Asthma means your airways become narrow and inflamed, making it hard to breathe. It can cause coughing, wheezing, and shortness of breath.



Early Signs & Symptoms

- Wheezing (whistling sound when breathing)
- Shortness of breath
- Chest tightness
- Coughing, especially at night or early morning
- Feeling tired after mild activity

Daily Self-Care

- Check breathing: Use peak flow meter if advised
- Avoid triggers: Stay away from smoke, dust, strong perfumes
- Stay active: Gentle exercise like walking or yoga (with doctor's advice)
- Take medicines: Inhalers or pills as prescribed, never skip doses
- Keep environment clean: Wash bedding, avoid pets in bedroom, reduce dust

Causes & Types

- Allergic Asthma: Triggered by pollen, dust, and pets
- Non-Allergic Asthma: Triggered by exercise, cold air, and infections
- Childhood & Adult-Onset Asthma: Can start at any age

New in 2026

- Smart inhalers remind you when to take medicine
- New biologic treatments for severe asthma
- Air quality apps help you avoid triggers outdoors

Take charge of your health today.

Asthma is not curable, but fully controllable.

Our Care Team for You

- Primary Doctor & Pulmonologist: Guide your breathing care
- Educator: Teach you how to use inhalers correctly
- Counselor: Support for stress and anxiety
- Chronic Care at Home: Convenient care for elders, right where you are

Know Emergency Signs

- Severe shortness of breath or wheezing not relieved by inhaler
- Lips or fingers turning blue
- Trouble speaking or walking due to breathlessness
- Confusion or fainting

Emergency? Call Immediately.

- How to use inhalers and devices correctly
- Ways to avoid asthma triggers at home and outside
- Breathing exercises and relaxation techniques
- Emotional support for living with a chronic condition

Our Promise

We use modern tools like Electronic Medical Records (EMRs) to track your breathing, medicines, and lab results, so your health is always in safe hands.

Call For Help & Support

For regular support, call our Asthma Care Helpline: **(877) 276-9006**

