

# Asthma

## What is asthma?

Asthma is a common lung condition that causes the small tubes that carry air in and out of the lungs to narrow. Asthma can be triggered by different things in different people, for example:

- Allergies (to house dust mites or pollen for example)
- Smoke, pollution or cold air
- Exercise
- A cold or flu

## What are the symptoms of asthma?

- Wheezing
- Breathlessness
- Tight chest
- Coughing

## What are the treatments for asthma?

Asthma is usually treated using an inhaler, a small device that lets you breathe in medicines. The main types are:

- Reliever inhaler - used when needed to quickly relieve asthma symptoms for a short time.
- Preventer inhaler – used every day to prevent asthma symptoms happening **(this is very important!)**

## How can you prevent an asthma attack?

- Make sure to take all your prescribed medications at the correct times.
- Have regular asthma reviews with your GP or asthma nurse – 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 wherever possible.

Follow this link or scan this QR code for some more helpful resources about asthma:  
<https://www.giveyourlungsavoice.co.uk/>



## References

- <https://www.nhs.uk/conditions/asthma/>