

Asthma

USC Pulmonary Clinic

What is it? Asthma is a chronic lung disease. It is caused by narrowing and inflammation of your airways. Not all patients have the same symptoms. Some may wheeze and feel short of breath. Others will only cough. While it cannot be cured, it can be controlled. Most patients with asthma will notice triggers for their asthma such as cold weather, perfume, smoke, etc. Asthmatics should not smoke or be around those that do.

What is the treatment? Your doctor will make a plan for treatment of your asthma based on your personal symptoms. All patients are given a "rescue inhaler" to be used as needed for sudden shortness of breath. You may also be given a "maintenance inhaler" that is to be taken everyday, no matter how good you feel! These include inhaled steroids and combination medications. You must wash your mouth out and brush your teeth if you are on these medicines, because they may cause thrush on your tongue. Our nurses will teach you how to use these inhalers when you are started on one.

DO:

- Take your medicines as prescribed.
- Call your doctor before you run out of medicines
- Take your rescue inhaler with you when you go out
- Avoid your personal asthma triggers
- Get your flu shot yearly unless allergic
- Use your peak flow meter and record as directed
- Bring your peak flow record to each visit
- Wash your mouth out and brush your teeth after using your maintenance inhaler

DON'T:

- Smoke or be around someone who is smoking
- Use your maintenance inhalers "as needed"
- Stop using your inhalers because you think your asthma is controlled
- Use your inhaler incorrectly- ask for help!!!

My Medications:
