

# Change your life

## 10 EASY STEPS TO GET THE MOST OUT OF YOUR ASTHMA CHECK-UP



**ASK** yourself before your check-up:

### 1 Is your asthma controlled?

In the past 4 weeks:

	Y	N
Have you had daytime symptoms (cough, wheeze, breathlessness) more than twice in a week?	<input type="checkbox"/>	<input type="checkbox"/>
Has your asthma interfered with exercise or normal activity?	<input type="checkbox"/>	<input type="checkbox"/>
Has your asthma interfered with your sleep?	<input type="checkbox"/>	<input type="checkbox"/>
Have you used your blue inhaler more than twice in a week?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had an asthma attack since your last visit?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered **YES** to any of these questions your asthma may not be controlled. Consult your doctor or nurse.

### 2 What makes your asthma worse? Common triggers are pollen, colds and 'flu, cigarette smoke, pets, mould and house dust mites. You may have other triggers. Tell your doctor or nurse what makes you wheeze.

**During your check-up, always ASK your doctor or nurse about the following:**

### 3 Your peak flow – Find out your personal best peak flow and ask about keeping a diary.

### 4 Your inhaler technique – Your doctor or nurse should check your technique at every visit.

### 5 Your Asthma Management Plan – Everyone with asthma should have one. Your doctor or nurse will help you to develop this.

### 6 Your medication – Your doctor may review your medication depending on your asthma control. Make sure you understand your medication. Tell them about any concerns you may have, including the cost.

**INFORM** yourself of:

### 7 The facts

- Do you know how to manage your triggers?

### 8 How to prepare

- Do you know what to do if your asthma is going out of control?
- Do you know what to do in the event of an asthma attack?

**REACT** by getting on top of your asthma:

### 9 Do you feel on top of your asthma now? If your answer is no – ASK AGAIN!

### 10 Log on to [asthmasociety.ie](http://asthmasociety.ie) or call the Asthma Society of Ireland Helpline on **1850 44 54 64** to get advice, information and become a member.

**Ask your doctor for a full asthma review at least once a year**