

How is Asthma Treated

Types of Inhalers

Preventer Inhaler

- To prevent asthmatic symptoms from developing

Reliever Inhaler

- To relieve asthmatic symptoms during attacks



<https://www.healthhub.sg/a-z/diseases-and-conditions/11/asthma>

Useful Tools

- Asthma Control Test
- Written Asthma Action Plan (WAAP)

For more information on asthma management, scan the QR code

Community Health

Asthma



How to Manage Asthma

When your asthma is well-controlled:

- Continue to be compliant with use of preventer inhaler
- Use reliever inhaler only when necessary e.g. before exercise

When you have mild symptoms or flu:

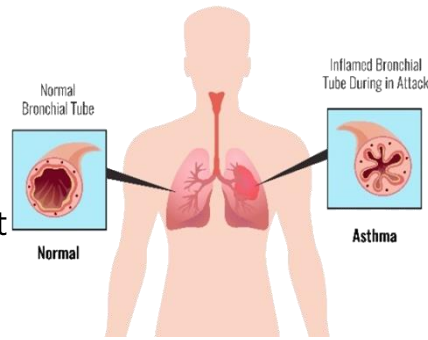
- Increase preventer inhaler usage based on doctor's advice or WAAP recommendation
- Use reliever inhaler 3-4 times a day for a maximum of 2 puffs each time

When your asthma continues to worsen despite the above:

- **GET HELP!** Go to the nearest clinic or call the ambulance
- Meanwhile, use reliever inhaler up to 2 puffs every 10mins and take oral tablet (steroid)

What is Asthma?

- Asthma is caused by the inflammation of the airways in the lungs.
- These airways are small tubes that carry air in and out of your lungs.



4. Allergens



- Inhaled Allergens
e.g. house dust mites, pollen

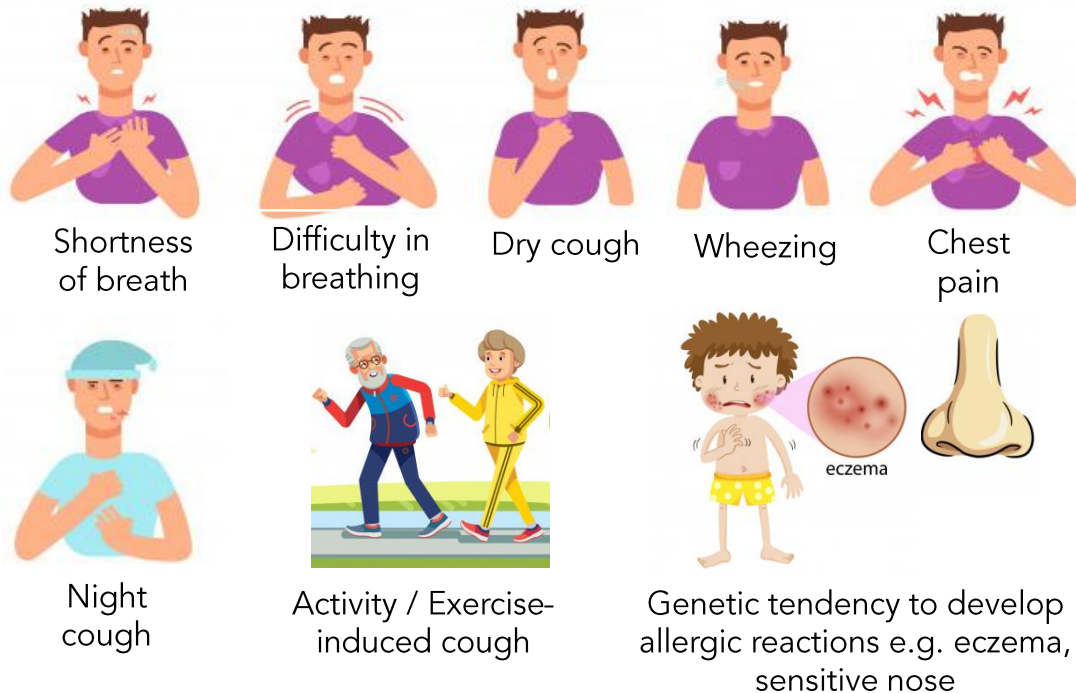


- Food Allergens
e.g. Food additives

5. Irritants e.g. cigarette smoke, air pollution, chemicals

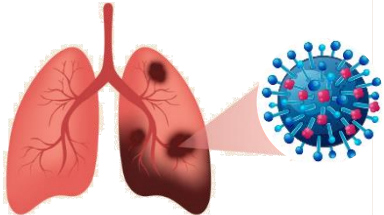


Signs and Symptoms



Common Triggers

1. Respiratory infections



2. Stress & emotions



3. Temperature & weather changes (e.g. cold air)



Risk Factors

- Viral respiratory infections
- Allergies
- Family history
- Environmental & occupational exposure
- Smoking
- Obesity

Complications in Poorly-controlled Asthma

- Fatigue
- Stress, Anxiety, Depression
- Poor work / school performance
- Frequent clinic / hospital visits
- Pneumonia, respiratory failure, death

How is Asthma Diagnosed

- Family and medical history
- Physical examination
- Review any signs and symptoms
- Chest X-ray
- Lung function tests – Spirometry
- Skin prick test