

Working together

for your health



ASTHMA

it's about control



Want more ideas?

Ask your health professional about a referral and take advantage of expert knowledge.

Eight Fraser Health Hospitals offer Asthma Education programs: phone the one nearest you and ask for more information. The hospitals are

- Burnaby General
- Chilliwack General
- Delta
- Eagle Ridge
- MSA
- Ridge Meadows
- Royal Columbian
- Surrey Memorial

When to get help

Ask for medical help when you encounter these situations:

- ▶ Symptoms don't respond to reliever medications, or you're taking them more often than every four hours
- ▶ Breathing becomes increasingly difficult
- ▶ When you become worried
- ▶ When the attack becomes severe



The Fraser Health website – www.fraserhealth.ca – is a great starting point to explore the many resources on the web.

BC Lung Association has good information too. Phone (604) 731-5864 or toll-free at 1-800-665-5864 (in British Columbia but outside the Lower Mainland) or try their website www.bc.lung.ca.

Visit our website at www.fraserhealth.ca

more great tips on other side! ...

Working together

for your health



ASTHMA

it's about control

If asthma is interfering with your daily routine, or spoiling your fun, it's time to find out how to reduce asthma's impact on your life.

You can manage your asthma!

Combine a take-charge attitude with some tried-and-true steps which help others. They can work for you too – or for your child:

- ▶ **Be an enthusiastic student of asthma.** People who do well have done their homework.
- ▶ **Manage your meds.** Not being careful enough about taking your medication is one of most common reasons to have less control of your asthma.
- ▶ **Know your triggers.** When you understand what may cause you to have an attack, you can make smart choices about avoiding those situations.
- ▶ **Work with your physician, health professional or an asthma educator.** He or she can help you achieve control and the good health that goes with it.
- ▶ **Learn to cope.** Make sure you know the steps for dealing with an attack.

And please, remember to avoid smoking or smoke-filled locations.

People with Asthma have overly sensitive airways in their lungs, which react when exposed to certain substances. These triggers cause the airways to become narrower and make it difficult to breathe.



Visit our website at www.fraserhealth.ca

more great tips on other side! ...