

Consult your pharmacist or doctor if you are unsure which of your medications is essential.

**Certain medications can serve dual functions:
Managing and conserving**



IMPORTANT!

- After inhaling steroids, it is advisable to wash your face, brush your teeth, and rinse your mouth.
- Refrain from exhaling into the inhaler.
- Refer to the leaflet for instructions on cleaning your inhaler.

2023 GINA guidelines

Asthma Aggravation

Symptoms of exacerbated asthma include heightened shortness of breath, wheezing, coughing, and chest tightness. If these symptoms manifest, then:

- Inhale a few doses of your emergency medication.
- If inhaling alleviates your breathlessness, further action will probably not be required.
- If inhalation proves ineffective, proceed to the next step in your action plan. This may involve seeking further treatment, consulting a physician, or contacting emergency services.
- If experiencing severe shortness of breath that impedes speech or induces a sensation of imminent fainting, prompt activation of emergency medical services is imperative: dial 999 or 112.

Consult your physician for guidance on managing asthma exacerbations. If you experience two asthma exacerbations in a year and need oral steroid therapy, consider seeking care at a specialized severe asthma clinic.



**NEW MEDICINE
SERVICE**

PHARMACEUTICAL CARE

PATIENT EDUCATION MATERIALS

Asthma

Pharmacist's remarks and suggestions



PATRONAGE



Polska Federacja
Stowarzyszeń Chorych
na Astmę, Alergię i POChP

WHAT IS ASTHMA?

Asthma is a condition typically marked by persistent inflammation of the airways, leading to varying frequencies of symptoms.

Symptoms typically include wheezing, shortness of breath, chest tightness, and cough, varying in severity.

It is defined by bronchial hyperresponsiveness and intermittent constriction of the airways.

Scan the QR code to complete the asthma control assessment designed for individuals aged 12 and above.



The test can be conducted during consultations with a pharmacist at New Medicine Service meetings.

TREATING ASTHMA

- Prevent exacerbations by quitting smoking, avoiding asthma triggers, and consulting your doctor about desensitization options.
- Adhere to your medication schedule consistently.
- Maintain regular physical activity, adhere to a healthy diet, and manage a healthy body weight.
- Asthma is not entirely curable, but adhering to treatment recommendations will provide you with disease management.

To ensure proper treatment, mastering the accurate inhalation technique is essential.

Consult your pharmacist for inquiries regarding medications or inhalation technique. Further details are available in the medication leaflet or on the website:

www.astma-alergia-pochp.pl

WHAT DO ASTHMA MEDICATIONS ENTAIL?

- **Long-term controllers** - help prevent disease flare-ups by reducing inflammation, mucus secretion, and dilating the respiratory tract. Consistently use these medications, such as inhaled steroids, to minimize the risk of asthma attacks. Adhere to your doctor's instructions when taking them, even if you are symptom-free.
- **Emergency medications** - rapidly dilating bronchi. Use them regardless of your controlling medications. Use them when you feel shortness of breath, persistent cough, etc. These drugs will start working very quickly - after just a few minutes. Always carry an inhaler of this medicine with you. Monitor how often you use your rescue medication. And if you use it, make a note of this information. If you need this medicine more than 2 times a week, consult your doctor! This may mean that your asthma is not well controlled.