

CIRCLE
of
CARE

TAKING CONTROL OF ASTHMA

A guide for patients.





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Asthma facts

Asthma is a common chronic lung condition that can:

- Affect your breathing
- Affect people at any age
- Improve or worsen
- Be treated/controlled
- Be life threatening

Strive for control

Learn to assess your asthma control.

Good asthma control means you are:

	Very mild or mild asthma	Severe asthma
• Not bothered by daytime asthma symptoms more than	2 times/week	4 times/week
• Not awakened at night due to asthma	✓	✓
• Not using your rescue inhaler more than	2 times/week	4 times/week
• Not limiting your activity due to asthma	✓	✓
• Not missing school or work because of asthma	✓	✓
• Not needing emergency or urgent care for asthma	✓	✓

Adapted from the 2021 Canadian Thoracic Society guideline: A focused update on the management of very mild and mild asthma, and 2017 Canadian Thoracic Society position statement: Recognition and management of severe asthma. Available from: [cts-sct.ca](https://www.cts-sct.ca).

Triggers

Triggers are things that make your asthma worse.

KNOW AND AVOID YOUR TRIGGERS:



Colds/viral infections



Cold air



Smog/
cigarette smoke



Pollen



Animals



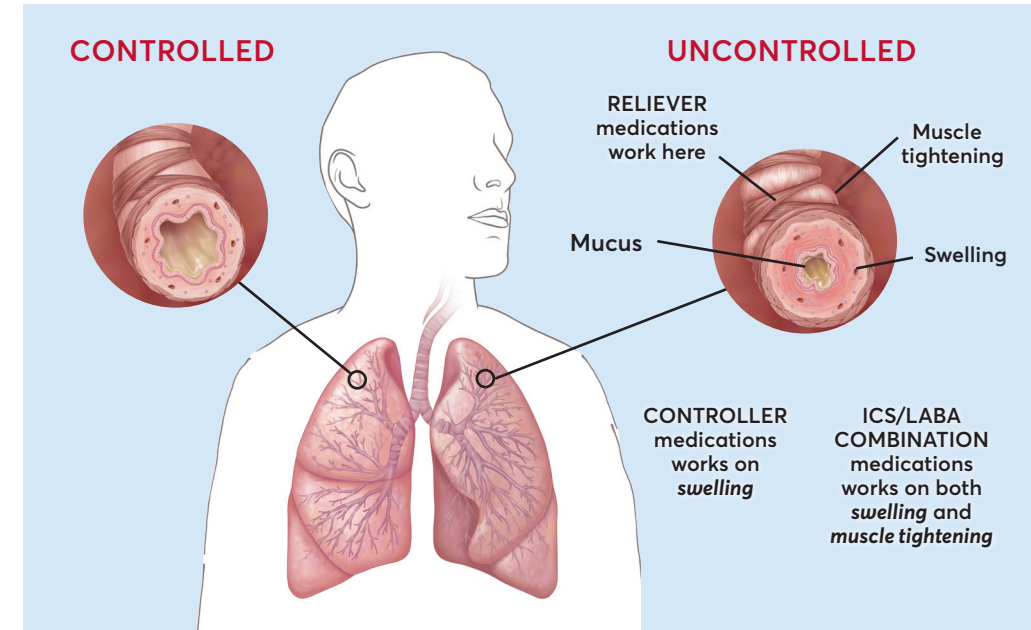
Dust mites



Mould

- Other Triggers: Stress/intense emotions • Scents/fumes/chemicals
• Exercise • Cockroaches • Some food additives, like sulfites

How asthma affects your lungs



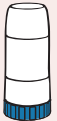
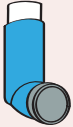
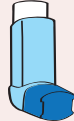


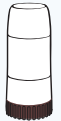


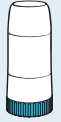
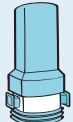

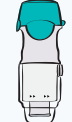
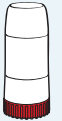


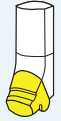


Asthma symptoms

Airway narrowing can cause asthma symptoms:

- Heavy chest/chest tightness
- Cough
- Wheeze/difficulty breathing

Select medications for asthma*

Ask to be shown how to take your medications and use your inhaler properly.

RELIEVER	SABA medication (Short-Acting Beta₂ Agonists)  Bricanyl® (terbutaline)  Airomir® (salbutamol)  Ventolin (salbutamol)  Ventolin (salbutamol)				ICS/LABA combination medication (Inhaled Corticosteroid/Long-Acting Beta₂ Agonists)  Symbicort® 200 Turbuhaler® (budesonide/formoterol)			
	DAILY MAINTENANCE	ICS medications  Pulmicort® (budesonide)  Alvesco® (ciclesonide)  Arnuity (fluticasone)			Long-acting bronchodilators (add-on therapy)  Oxeze® (formoterol)  Foradil® (formoterol)  Serevent® (salmeterol)		LAMA (Long-Acting Muscarinic Antagonists) medication  Spiriva® (tiotropium)	
ICS/LABA combination medications  Symbicort® Turbuhaler® (budesonide/formoterol)  Advair® (fluticasone/salmeterol)  Advair® (fluticasone/salmeterol)  Arbesda (fluticasone/salmeterol)  Breo (fluticasone/vilanterol)  Zenhale® (mometasone/formoterol)								
OTHER		Other medications <ul style="list-style-type: none"> • Xolair® (omalizumab) • Nucala® (mepolizumab) 		<ul style="list-style-type: none"> • Montelukast (anti-leukotrienes) 		<ul style="list-style-type: none"> • Prednisone, dexamethasone • Theophylline 		<ul style="list-style-type: none"> • Fasenra® (benralizumab), Cinqair™ (reslizumab), Dupixent® (dupilumab)

Maintenance medications should be taken daily, even without symptoms.

*This is not a full list of treatment options. Talk to your doctor for more information. All trademarks are properties of their respective owners.

Action plan

Take control, maintain control and follow your action plan.

Most people, most of the time, can control their asthma and live active lives, without regular symptoms.

Follow up

What you need to know...

- Asthma facts
- Asthma control
- Your triggers
- Symptoms to watch for
- Ask for your action plan
- How to take your medications and use your inhaler properly
- Book your follow-up appointment today for year round control

To get a blank copy of an action plan visit <https://www.lung.ca/lung-health/lung-disease/asthma/asthma-action-plan>.

Be sure to bring it to your next visit with your doctor so that you can fill it out together.

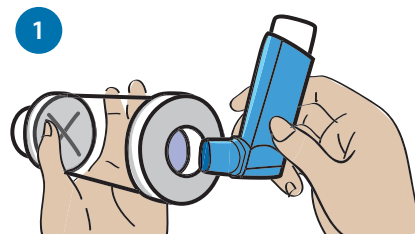
DATE FOR NEXT APPOINTMENT:

Day: _____

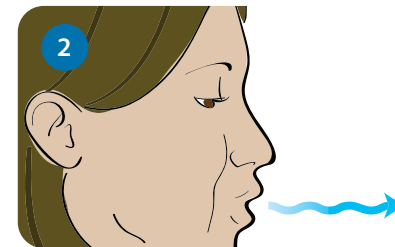
Month: _____

Time: _____

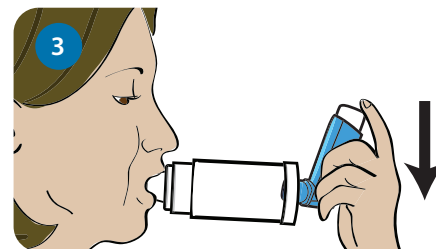
How to use your puffer with spacer*



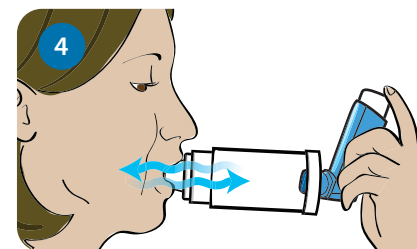
Remove cap, shake, then insert into spacer.



Breathe out gently away from spacer.



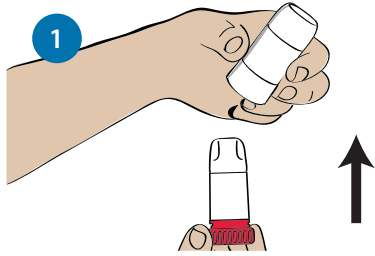
Close lips around mouthpiece. Press down on inhaler once.



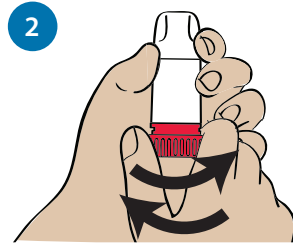
Breathe in very slowly and hold for 10 seconds, then breathe out.

* This is not a complete list of available devices. Please speak to your healthcare provider for more information. Please see your medication's package insert for more detailed device instructions. Note: The colour of your device may differ from the ones shown in illustrations.

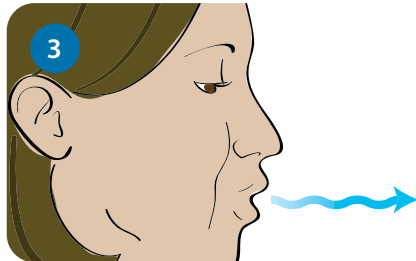
How to use your Turbuhaler®*



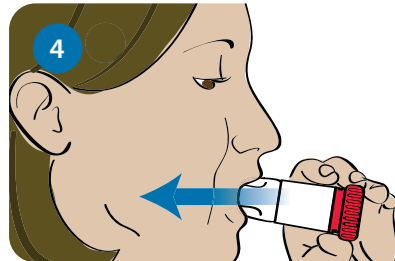
Unscrew cap.



Twist, then twist back.
(A click will be heard.)



Breathe out gently
away from Turbuhaler®.

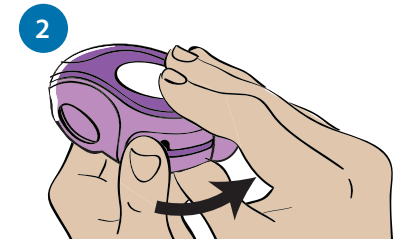


Strong, deep breathe in.

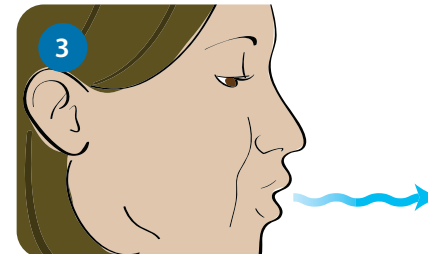
How to use your Diskus*



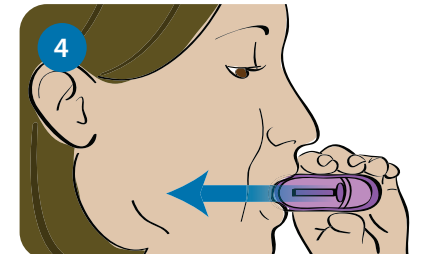
Open cover.



Slide lever to click.



Breathe out as far as is
comfortable.†

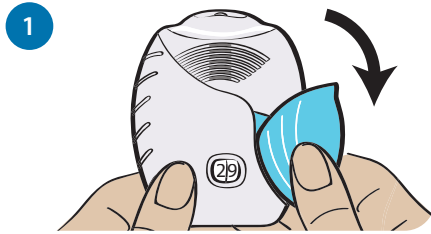


Breathe in steadily and
deeply and hold.

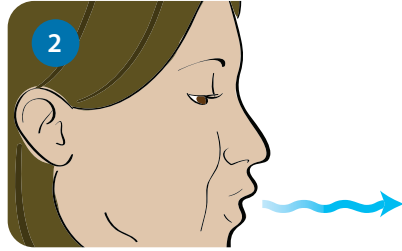
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†Remember – never exhale into your Diskus®.

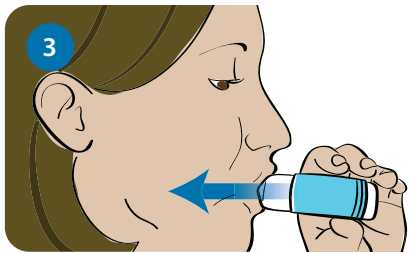
How to use your Elipta*



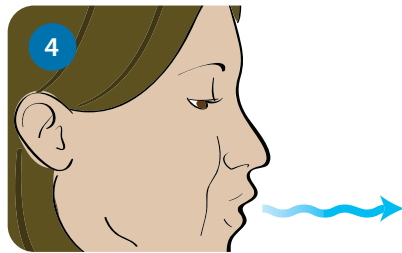
Slide open cover until you hear a click. The dose counter will go down by one.



Breathe out gently away from Elipta®.



Steady, deep breath in and hold for 3-4 seconds or more.

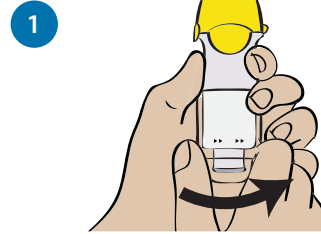


Breathe out gently away from Elipta®. Slide cover closed.

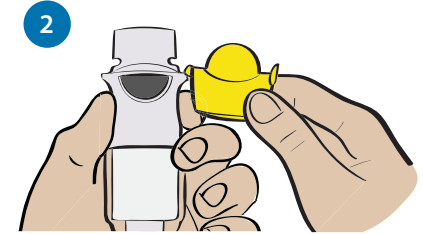
When using Elipta®, don't block the air vent with your fingers.

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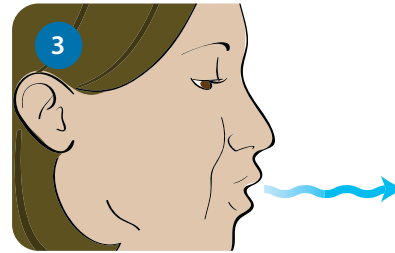
How to use your Respimat®*



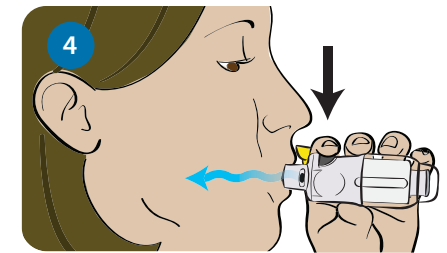
Turn base in direction of arrows until it clicks.



Open the cap.



Breathe out away from inhaler.



Slow deep breath in while pressing dose release button and hold your breath for 10 seconds.

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BREATHE | RESPIREZ
the lung association | l'association pulmonaire



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