

Topic of the month:

Live Better Breathe Better

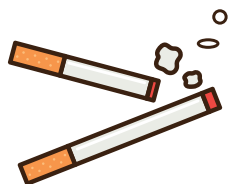
Asthma Triggers:



Allergens



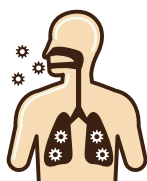
Exercise



Tobacco Smoke



Air Pollution



**Airway Infections
(cold and flu)**

Asthma is a chronic disease that affects the airways in the lungs. During an asthma attack, airways become inflamed, making it hard to breathe. Asthma attacks can be mild, moderate, or serious — and even life threatening.

ASTHMA SYMPTOMS



**SHORTNESS
OF BREATH**



**COUGHING /
WHEEZING**



**CHEST
TIGHTNESS**

What can you do to manage your Asthma?

AVOID TRIGGERS

Each person with asthma has their own set of triggers. Find out what makes your asthma worse, and stay away from those things.

MEDICATIONS

Taking your medication regularly helps you avoid asthma emergencies. Your pharmacist can help explain how to use your inhalers correctly.

SEE YOUR DOCTOR

If you have a lot of asthma attacks or symptoms, your asthma is probably not as controlled as it could be. See your doctor, and ask for help getting control of your asthma.

ASTHMA ACTION PLAN

Follow Your Asthma Action Plan: An action plan tells you how to manage your symptoms, including flare ups. If you don't have an asthma action plan, ask your doctor for one.

DID YOU KNOW?

May is Asthma awareness month. About **2.4 million** Canadians have asthma.

References:

1. The Canadian Lung Association - <https://www.on.lung.ca/>
2. Centers for Disease Control and Prevention (CDC) - <https://www.cdc.gov/asthma/default.htm>