



ASTHMA

Bromley

Well

HEALTH FACT SHEET

Updated July 2024

What is Asthma?

Asthma is a long term condition that affects the airways (bronchial tubes) in the lungs. People with asthma have inflamed (swollen) and sensitive airways that become narrow and clogged with sticky mucus in response to certain triggers.

What are the symptoms?

Symptoms include:

- Shortness of breath
- Tightness in the chest
- Coughing and wheezing

What are the causes?

There are a number of things that increase the risk of, Asthma, these include

- A family history of asthma or related allergic conditions known as atopic conditions such as eczema, food allergy or hay fever
- Smoking or if you had exposure to tobacco smoke as a child
- Exercise - (exercise-induced asthma)
- Being born prematurely or with a low birth weight

Asthma symptoms can be triggered by:

- Allergens - house dust mites, animal fur and pollens
- Airborne irritants such as cigarette smoke, strong smell and gases
- Medicines - particularly painkillers such as Ibuprofen, aspirin and beta-blockers such as atenolol (used for high blood pressure)
- Weather conditions including sudden changes in temperature, cold air, windy days and hot humid days
- Chest infections

What about treatment?

The goal of treatment is for people to be free from symptoms and be able to lead a normal, active life. Asthma medication is taken using different inhalers. An inhaler is a device that delivers the drug directly to your airways. Take your medication as directed by the prescriber. Do not stop taking your medication unless your doctor tells you to.

SELF CARE TIPS

KNOW YOUR TRIGGERS

Find out what your triggers are and avoid them.

MAKE SURE YOU KNOW HOW TO USE YOUR INHALER PROPERLY

Use your preventer inhalers regularly every day to reduce the inflammation in the airways and your reliever inhalers when you are having an attack. Make sure to speak to your doctor, nurse or pharmacist if you have any concerns or you are having difficulties using your inhaler.

DRAW UP A PERSONAL ACTION PLAN

Discuss a plan with your doctor or asthma nurse. Your plan should include information about your medicines, how to monitor your condition and what to do if you have an asthma attack.

To register with Bromley Well:

Freephone 0808 278 7898

Or register online:

www.bromleywell.org.uk/refer

Contact Lifestyle Support direct

07985 431484 / 07985 444210

or email

enquiry@bromleywell.org.uk



ASTHMA

Bromley

Well

HEALTH FACT SHEET

Updated July 2024

FURTHER RESOURCES

Asthma + Lung UK

Helpline 0300 222 5800

Email:

helpline@asthmaandlung.org.uk

A national charity providing information and advice for the public and for health professionals around Asthma and other lung conditions. Contains advice on triggers, inhalers and medication and how to manage your condition. Was created in 2020 when Asthma UK and the British Lung Foundation combined.

NHS Conditions

NHS conditions pages contain information about the causes, symptoms and treatment of asthma and advice for people living with the condition.

NHS Wellbeing App

Links to NHS Wellbeing Apps designed to support you in making healthy lifestyle changes and managing stress.

Bromley Asthma + Lung UK Support Group

Tel: 0300 303 0253

Local Support for people living with a lung condition.

References: NHS Condition: <https://www.nhs.uk/conditions/asthma/> British Lung Foundation <https://www.blf.org.uk/support-for-you>

**To register with Bromley Well:
Freephone 0808 278 7898
Or register online:
www.bromleywell.org.uk/refer**

**Contact Lifestyle Support direct
07985 431484 / 07985 444210
or email
enquiry@bromleywell.org.uk**