

ASTHMA

What is asthma?

Asthma is an inflammatory condition which affects the small air passages (bronchi) of the lungs. These passages become swollen and inflamed during an attack, causing the small airways to narrow, leading to wheezing, coughing and difficulty with breathing.

What are the triggers?

Colds
Changes in the weather
Cigarette smoke
Dust mites / pollen
Some animals

How can I control it?

- **Inhalers**

- Relievers – fast acting agents used during an attack to open the airways

- Preventers – slower acting agents used to prevent an attack and help with long-term control of the condition

- **Spacers** are available for purchase at your local Jadin Chemist. They fit onto a metered dose inhaler and help the patient to get more medicine into the lungs.

- **Nebulisers** are available for purchase at your local Jadin Chemist. These machines act as a pump that sprays liquid asthma medicine as a fine mist over a period of time.

Remember good asthma control depends on using inhalers properly. If you are prescribed an inhaler, visit your local Jadin Chemist and ask a pharmacist to demonstrate its correct use and to check your inhaler technique regularly.

Information contained in our Health Advice articles is the opinion of Jadin Chemist Group Only. Individuals should seek advice from their healthcare professional before acting on any information contained above