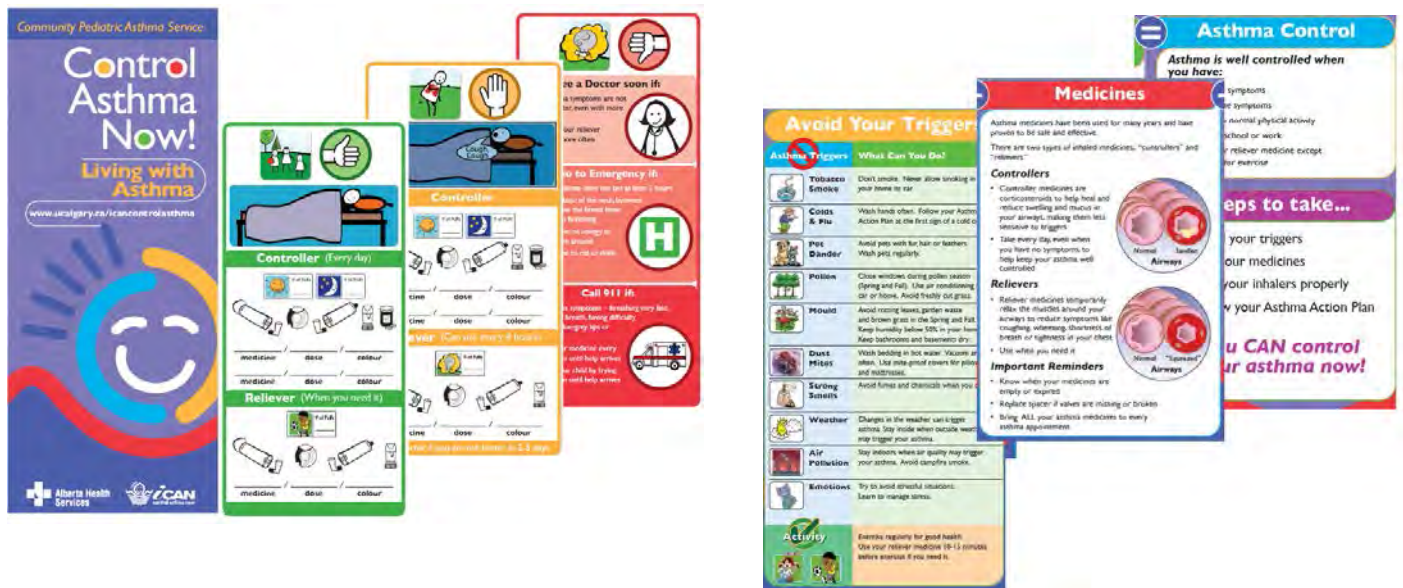


Control Asthma Now!

Living with Asthma

CONTROL ASTHMA NOW! LIVING WITH ASTHMA COMMUNITY PEDIATRIC ASTHMA SERVICE



This document highlights content from the following Community Pediatric Asthma Service sources:

- Control Asthma Now! Living with Asthma brochure (November 2018)
- Device Illustrations (November 2018)

This information is provided by the Community Pediatric Asthma Service, a program to help children and families learn to control asthma.

Visit our website at

www.ucalgary.ca/icancontrolasthma



CONTROL ASTHMA NOW!

LIVING WITH ASTHMA

COMMUNITY PEDIATRIC ASTHMA SERVICE

Name (in English) of language used in this document	English
Translated language	English

Click on the page number to go to that page.

INDEX		
	TITLE	PAGE
1.	Avoid your triggers	4
2.	Know how your medicines work and when to use them	5
3.	Use the right device with the right technique	5
	<ul style="list-style-type: none"> Inhaler/"Puffer" with spacer & Mask (up to 4 years) 	6
	<ul style="list-style-type: none"> Inhaler/"Puffer" with spacer & Mouthpiece (4+ years) 	7
	<ul style="list-style-type: none"> Diskus 	8
	<ul style="list-style-type: none"> Turbuhaler 	9
	<ul style="list-style-type: none"> Twisthaler 	10
	<ul style="list-style-type: none"> Ellipta 	11
	<ul style="list-style-type: none"> Nasal Spray 	12
4.	Follow your Action Plan (Example: "Little Asthma Action Plan")	13

Asthma can make it hard to breathe and can cause symptoms like coughing, wheezing, shortness of breath or tightness in your chest.

The Simple Steps to control asthma are:

1. Avoid your triggers when you can
2. Know how our medicines work and when to use them
3. Use the correct device with the correct technique
4. Follow your Action Plan

Asthma is well controlled when you have:

- no daytime symptoms
- no night time symptoms
- no limits to normal physical activity
- no missed school or work
- no regular need for reliever medicine except sometimes for exercise















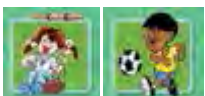
ASTHMA DOESN'T HAVE TO CONTROL YOUR LIFE.

YOU CAN CONTROL YOUR ASTHMA NOW!

Remember the Simple Steps

Avoid Your Triggers + Take Your Medicines + Take your inhalers correctly = Asthma Control

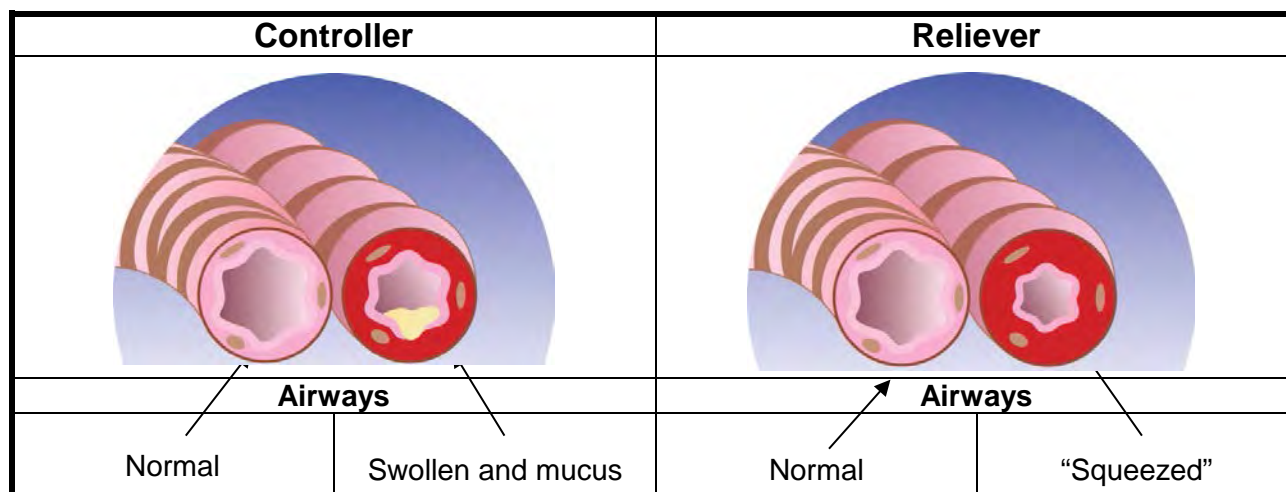
1. Avoid your triggers

Asthma Triggers 		What Can You Do?
	Tobacco Smoke	Don't smoke. Never allow smoking in your home or car.
	Colds & Flu	Wash hands often. Follow your Asthma Action Plan at the first sign of a cold or flu.
	Pet Dander	Avoid pets with fur, hair or feathers. Wash pets regularly.
	Pollen	Close windows during pollen season (Spring and Fall). Use air conditioning in your car or home. Avoid freshly cut grass.
	Mould	Avoid rotting leaves, garden waste and brown grass in the Spring and Fall. Keep humidity below 50% in your home. Keep bathrooms and basements dry.
	Dust Mites	Wash bedding in hot water. Vacuum and dust often. Use mite-proof covers for pillows and mattresses.
	Strong Smells	Avoid fumes and chemicals when you can.
	Weather	Changes in the weather can trigger asthma. Stay inside when outside weather may trigger your asthma.
	Air Pollution	Stay indoors when air quality may trigger your asthma. Avoid campfire smoke.
	Emotions	Try to avoid stressful situations. Learn to manage stress.
Activity 		
		Exercise regularly for good health. Use your reliever medicine 10-15 minutes before exercise, if you need it.

2. Take your Medicines-Know what they do and when to use them

Asthma medicines have been used for many years and have proven to be safe and effective. There are two types of inhaled medicines, “controllers” and “relievers.”

Controllers	<ul style="list-style-type: none"> Controller medicines are corticosteroids to help heal and reduce swelling and mucus in your airways, making them less sensitive to triggers. Take every day, even when you have no symptoms, to help keep your asthma well controlled
Relievers	<ul style="list-style-type: none"> Reliever medicines temporarily relax the muscles around your airways to reduce symptoms like coughing, wheezing, shortness of breath or tightness in your chest. Use it when you need it
Important Reminders	<ul style="list-style-type: none"> Know when your medicines are empty and expired Replace spacer if valves are missing or broken Bring ALL your asthma medicines to every asthma appointment



3. Check your inhaler technique

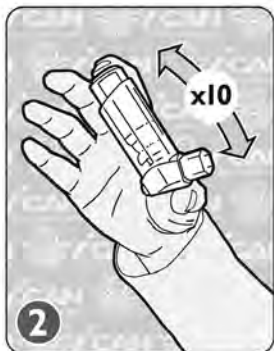
- ✓ It is important to use correct technique so the most medicine can reach your lungs
- ✓ Check your technique at every asthma appointment
- ✓ Visit our website <https://ucalgary.ca/icancontrolasthma/devices> to see demonstrations

METERED DOSE INHALER (MDI)

INHALER / "PUFFER" WITH SPACER & MASK (UP TO 4 YEARS)



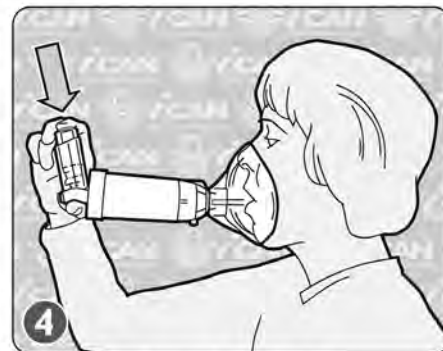
1 OPEN



2 SHAKE



3 INSERT



4 PRESS DOWN



5 BREATHE IN & OUT



6 REMINDER



7 DRINK OR BRUSH TEETH

IMPORTANT INFORMATION

- Note:** Using an inhaler without a spacer is **NOT** recommended.
Spacer with mouthpiece is recommended to improve medication delivery to the lungs.
- Mask size:** Masks come in infant, child and adult sizes.
The mask should **NOT** cover the eyes. Make sure the mask covers the mouth and nose snugly.
- Spacers:** Replace spacer if valves are missing or broken.
Cleaning: Soak in warm soapy water. Let it dry.
- Empty?:** Shake it. If it feels light or you do not feel liquid moving, it is empty and needs to be replaced.
Some devices have counters. "0" means it is empty. Throw it away.
- Expired?:** Pull the metal canister out of the plastic sleeve to check the expiry date on the canister.
- Reminder:** Replace cap on plastic sleeve to store MDI.

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.

Developed by the Community Pediatric Asthma Service, Calgary and area.

For more information on asthma medications and device demos, visit our website at:
www.ucalgary.ca/icancontrolasthma



METERED DOSE INHALER (MDI)

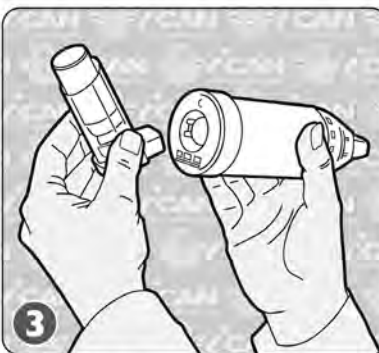
INHALER / “PUFFER” WITH SPACER & MOUTHPIECE (4+ YEARS)



1 OPEN



2 SHAKE



3 INSERT, BREATHE OUT



4 PRESS DOWN



5 SLOW DEEP BREATH IN & HOLD



6 REMINDER



7 DRINK OR BRUSH TEETH

IMPORTANT INFORMATION

Note: Using an inhaler without a spacer is **NOT** recommended.
Place mouthpiece between your teeth and close your lips (like sucking a straw).
***If you are not able to hold your breath, take 6 normal breaths.**

Spacers: Replace spacer if valves are missing or broken.
Whistle: The whistle sound is a warning to **SLOW** your breathing.
Cleaning: Soak in warm soapy water. Let it dry.

Empty?: Shake it. If it feels light or you do not feel liquid moving, it is empty and needs to be replaced.
Some devices have counters. “0” means it is empty. Throw it away.

Expired?: Pull the metal canister out of the plastic sleeve to check the expiry date on the canister.

Reminder: Replace cap on plastic sleeve to store MDI.

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.

Developed by the Community Pediatric Asthma Service, Calgary and area.

For more information on asthma medications and device demos, visit our website at:
www.ucalgary.ca/icancontrolasthma



DRY POWDER INHALER

DISKUS (6+ YEARS)



1
CLOSED



2
PUSH OPEN



3
SLIDE & CLICK



4
BREATHE OUT



5
DEEP BREATH IN & HOLD



6
RINSE & SPIT



7
PUSH TO CLOSE

IMPORTANT INFORMATION

Note: Place mouthpiece between your teeth and close your lips (like sucking a straw).

Empty?: The window has numbers that count down the dose – “0” means it is empty.
Throw it away.

Expired?: Check the expiry date on the back of the device.

Reminders: Keep the Diskus dry.
Do not breathe into the device.
Close after use.

Cleaning: Wipe mouthpiece with a dry tissue or cloth.

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.

Developed by the Community Pediatric Asthma Service, Calgary and area.

For more information on asthma medications and device demos, visit our website at:
www.ucalgary.ca/icancontrolasthma



DRY POWDER INHALER

TURBUHALER (6+ YEARS)



IMPORTANT INFORMATION

Note: Place mouthpiece between your teeth and close your lips (like sucking a straw).

Empty?: The window on the device starts to show red when there are 20 doses left. When the window is completely red, it is empty. Throw it away.
The window on some devices also shows a "0" when it is empty. Throw it away.

Expired?: Remove the cap to check the expiry date on the device.

Reminders: Keep the Turbuhaler dry.
Do not breathe into the device.
Replace the cap after use.

Cleaning: Wipe mouthpiece with a dry tissue or cloth.

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.

Developed by the Community Pediatric Asthma Service, Calgary and area.

For more information on asthma medications and device demos, visit our website at:
www.ucalgary.ca/icancontrolasthma



DRY POWDER INHALER

TWISTHALER (6+ YEARS)



1
CLOSED



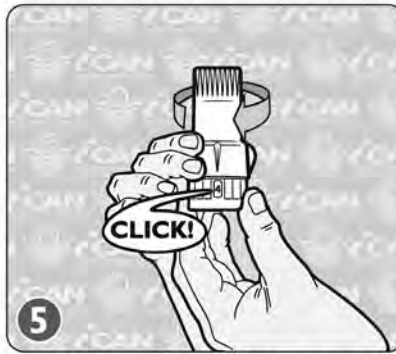
2
TWIST CAP OFF



3
BREATHE OUT



4
DEEP BREATH IN & HOLD



5
TWIST CAP ON TO CLOSE



6
RINSE & SPIT

IMPORTANT INFORMATION

- Note:** Place mouthpiece between your teeth and close your lips (like sucking a straw).
- Empty?:** The window has numbers that count down the dose everytime you open the cap. When it is empty, it locks and you will not be able to twist off the cap. Throw it away.
- Expired?:** The expiry date is on the cap.
- Reminders:** Twist cap on until you hear a click.
Do not breathe into the device.
Keep the Twisthaler dry.
- Cleaning:** Wipe mouthpiece with a dry tissue or cloth.

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.

Developed by the Community Pediatric Asthma Service, Calgary and area.

For more information on asthma medications and device demos, visit our website at:
www.ucalgary.ca/icancontrolasthma



DRY POWDER INHALER

ELLIPTA



1 SLIDE OPEN AND HEAR "CLICK"



2 BREATHE OUT



3 DEEP BREATH IN AND HOLD



4 DO NOT BLOCK AIR VENTS



5 BREATHE OUT



6 CLOSE INHALER



7 RINSE, GARGLE AND SPIT

IMPORTANT INFORMATION

Note: Place mouthpiece between your teeth and close your lips.

Empty?: The window has numbers that count down the dose – "0" means it is empty. Throw it away.

Expired?: Check the expiry date on the back of the device.

Reminders: Keep the device dry.

Do not breathe into the device.

Take once daily – same time every day.

Do not block air vents with your fingers.

Cleaning: Wipe mouthpiece with a dry tissue or cloth.

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.

Illustrations developed by the Community Pediatric Asthma Service, www.ucalgary.ca/icancontrolasthma

For more information on inhaled medications and device demos, visit our website at:
www.ucalgary.ca/asthma



NASAL SPRAY

ALL AGES



BLOW YOUR NOSE



SHAKE & REMOVE CAP



**PRESS DOWN AS YOU
BREATHE IN, DON'T SNIFF**



**REPEAT
STEP
3
In Other Nostril**

REMINDER



REPLACE CAP

IMPORTANT INFORMATION

Expired?: Check the expiry date on the label.

Reminders: Step 3:

- Place the tip of the nasal spray in your nostril.
- **Aim the tip toward your ear on the same side.**
- Block the other nostril with your finger.
- Don't sniff or blow your nose for a few minutes after you spray so the mist has a chance to be absorbed. Hold a tissue under your nose.

This spray works best if taken daily for at least several weeks. Use as prescribed.

Store at room temperature, away from direct light.

Cleaning: Refer to directions that came with your nasal spray.

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.

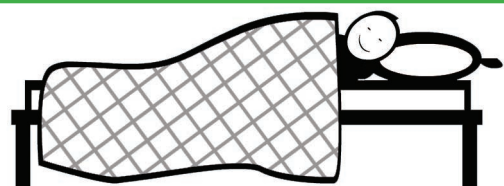
Developed by the Community Pediatric Asthma Service and the COPD & Asthma Network of Alberta.

**For more information on asthma medications and device demos, visit:
www.ucalgary.ca/icancontrolasthma**



Little Asthma Action Plan for: _____ Date: _____

Goal: _____



Controller (Every day)



of Puffs



of Puffs



medicine / dose / colour

medicine / dose / colour

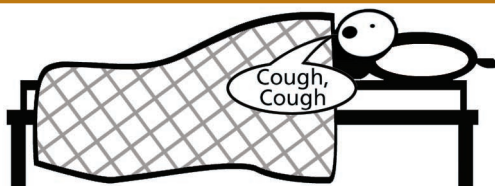
Reliever (When you need it)



of Puffs



medicine / dose / colour



Controller (# of days)



of Puffs



of Puffs



medicine / dose / colour

medicine / dose / colour

Reliever (Can use every 4 hours)



of Puffs



medicine / dose / colour

See a doctor if you are not better in 2-3 days



See a Doctor soon if:

- your asthma symptoms are not getting better, even with more medicine
- you need your reliever medicine more often



Go to Emergency if:

- reliever medicine does not last at least 3 hours
- skin at the base of the neck, between ribs or below the breast bone pulls in with breathing
- children have no energy to play or move around
- babies refuse to eat or drink



Call 911 if:

- very serious symptoms – breathing very fast, gasping for breath, having difficulty speaking, blue-grey lips or fingernails
- give reliever medicine every few minutes until help arrives
- comfort your child by trying to stay calm until help arrives



Questions or concerns? In Alberta, call **811 Health Link** for the 24/7 health information and advice line



811

Health Link
Health Advice 24/7