

## ASTHMA MANAGEMENT: FINDING SUPPORT

### TRANSCRIPT

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Being the one responsible for getting your asthma symptoms under control might often feel overwhelming. But you're not alone; there are many people available to support you.

As a patient, you should expect to receive support from all members of your healthcare team, which may include: your primary care doctor, nurse, respiratory therapist, or pulmonologist.

If you have an urgent question, call them. If your questions can safely wait until your next appointment, be sure to write them down so you don't forget to ask them. Or, if your question is about your medications, your pharmacist might be able to help you.

Your friends and family can help, too. Let them know what triggers your asthma symptoms, and what they can do to help you avoid them, such as: helping you vacuum and clean your home, especially when using chemicals like bleach and sources of strong fumes, like paint; helping you avoid second-hand smoke by not smoking around you, and avoiding places where other people smoke; visiting your home if their pets or their home environments trigger your asthma; re-schedule outdoor activities on days that aren't good days for you to be outdoors, or plan another activity that works for you; and being understanding if you need to avoid people when they are sick.

Look in your community for asthma support groups. Many times these groups provide updates on the latest medications and asthma treatments. Nothing replaces talking to someone who knows exactly what you are going through.

You can also find support on the Internet. Ask your healthcare provider for reliable websites online. Two reliable sites are the American Lung Association at [www.lungusa.org](http://www.lungusa.org) and the Asthma and Allergy Foundation of America at [www.aafa.org](http://www.aafa.org). But remember, information found online should never be mistaken for individual medical advice.

Learning how to manage your asthma and getting it under control is primarily your job. But through regular communication with members of your healthcare team, and by reaching out for support from your friends and family, you don't have to do it alone.