

ASTHMA MANAGEMENT: KEEPING AN ASTHMA DIARY

TRANSCRIPT

Keeping track of your asthma symptoms and writing down the medicines that you take every day is a great way to record how well you are controlling your asthma. The record you keep is called an asthma diary. This information should also include things that make your asthma worse, your triggers.

Asthma diaries can vary, but typically they include the following sections: medications you've been taking; symptoms you've been having; what may have triggered those symptoms; and your peak flow readings, the results of a breathing test you do at home every day to see how well your lungs are functioning.

Your asthma diary provides a valuable snapshot of how well your asthma treatment is working, and can help determine if any changes need to be made.

"I realized a whole host of things that did cause my shortness of breath that I really didn't pay attention to before. It helps to write those things down. And once I started writing them down, I got a long list of what does cause it. It's just kind of mind-blowing."

For example, by noting the time of day and where you are when you begin to have symptoms, you might discover a new trigger for your asthma. Or, if you have frequent symptoms despite the medications you are taking, your doctor might decide to add or change a medication.

"Record-keeping is very valuable. It's important that you keep a track of your asthma attacks, what triggers your asthma attacks, the time that they occur, and the season they occur. You can take this information to your healthcare provider and you guys can discuss that, and that can help you in the long run to better manage your asthma."

You may find that your asthma is being managed successfully. That, of course, is the ultimate goal – and keeping an asthma diary can help you reach it.