

# Managing Asthma Attacks

*"I have had to go to the hospital a few times because I couldn't catch my breath and that turned into pneumonia. It felt like I was drowning it was so bad."*

Perhaps you have been struggling with your asthma, worrying about when you might have another attack. Maybe you have had to go to the hospital or doctor for help.

There are ways you can control your asthma and avoid having to go to the hospital.

First, you need to be seen by an asthma and allergy specialist who will help you identify the things around you that might be triggering asthma attacks.

Common things that can trigger difficulty breathing including exercise, contact with pets, or tobacco smoke.

You and your healthcare provider will develop an individualized or personal asthma action plan, so you know what to do to prevent another asthma attack and what medicines to take if you have trouble breathing.

Taking your asthma controller medications before you come into contact with asthma triggers, for example BEFORE you exercise, can keep you feeling well and stay on track with your fitness goals.

Your action plan may also include taking asthma medicine BEFORE you visit a home with a known trigger such as a cat or dog.

If take your asthma controller medicines regularly and you still get sick you will need to take your rescue inhaler to open your airways. If it does not work, you will need to go to the hospital or an urgent care center for help.

After you are feeling better, you still need to follow-up with your asthma and allergy specialist. They may change the doses of your asthma medications and offer other methods to prevent more hospital visits.

*"If you can avoid as many hazardous things as possible, then do so, and always take your medications. Take the medications prescribed to you. If it's not working, just tell your doctor to give you something else that works and you will be fine."*

*"We want to give you the tools and the understanding to treat your asthma as effectively as possible, while also understanding that you have a team of people ready to help you when it's not well controlled. At the end of the day, we want you to control your asthma, manage your asthma, be in charge of your asthma. We don't want your asthma to control you. We want you to be in charge of your asthma."*