

Patient Stories: Donna's Medication Journey to Manage her Asthma

"I was diagnosed with asthma I guess about 10 years ago now, and it was unexpected. I was at work and suddenly had shortness of breath and it got worse through the day."

"It's critical, you really need to have a knowledgeable, specific doctor, like an asthma doctor, asthma allergy doctor, and to be honest and keep with the medications, keep with the plan, the medical plan, and when something goes awry to call sooner than later, and I learned that kind of the hard way too."

"In the early days of not quite knowing is this asthma or this a cold or just not feeling well, and I would go several days, three or four days, and then be pretty sick by then. So I learned to just call the doctor sooner than later and just let him know what's going on and listen to what he has to say."

"Because of the frequency of getting sick and needing to use additional medicine, like a steroid like prednisone. I was getting sick two, maybe three times a year and that was not acceptable to me or the doctor."

"The medications have changed from the kind of medication and the frequency. I currently take a pill twice a day, and then I have an inhaler that I use twice a day, and then I have an injection that I use twice a month that I keep here at the house."

"It's part of my life certainly, and with the regime of medication that I'm on it's part of my life and I'm aware of it but it hasn't been a detriment in the recent, oh, past year, and that's a big part of, again, keeping with your doctor and changing medications as seems appropriate."