

Patient Stories: Tom's Asthma Story

"I was an auctioneer for 36 years of my life, and when I got adult asthma and it pretty much took me out of the program."

"As an auctioneer... you inhale everything that's in the room, also consequently everybody looking through the boxes and everything else, you've got all the dust and all the molds and stuff that you inhale, and that was part of I think what was the icing on the cake of causing my first asthma attack."

"I had a man that came to work for me when I was still operating in the auction business and he had asthma worse than I did, and I asked him, so I'll explain what he said to me. I said, 'How do you feel about, how do you explain what an asthma attack is,' and he said, 'It's like drowning,' and I stood there and thought about it and it's true, you breath as hard as you can but your lungs are inflamed and the oxygen cannot be filtered out of the air. So you can put oxygen in your face, you can breathe as hard as you can, but your body does not get the oxygen because it can't get into your lungs, which are the filters that pull the oxygen out for your blood."

"I think that you've got to realize that your body is making a major change, something that is totally different than anything you've ever experienced, and if you don't trust your doctor you need to find one you do because you need to be comfortable and you need to say, hey, this is what's going on and I don't understand. You can't ignore it because if you ignore it, it flares up and really nails you. So I've always had good communication with my doctors, and I think that has helped me a lot, kept me out of the emergency room a lot."

"When I get up in the morning the very first thing that I do I take my Advair and I take my blood pressure and my other medications, and I do that first thing in the morning, and then I do my Advair in the evening before I go to bed, so it's like clockwork."

"If you're an adult and just diagnosed with adult asthma, number one, it's serious, more so than you think it is, and make sure that you communicate with your doctors, listen to what they say, listen to your body, take your medication. It's not one of those things you can ignore."