Overview

You've been diagnosed with asthma and have some concerns. Will it keep you from doing the activities you enjoy? Well, breathe easy. With your doctor's help, you can control your asthma. You just have to learn to manage it properly.

Your doctor will help

Talk to your doctor about your asthma and your goals. Your doctor will create a care plan for you. A key part of managing asthma will be using your asthma action plan. Your doctor will give one to you, and show you how to use it. The plan helps you monitor your asthma and know what to do if you have an emergency.

Take your medications

Most people with asthma take long-term and short-term medications to keep their asthma under control. Talk with your doctor and pharmacist to learn about your prescription medications. Take them as directed.

Know your triggers

Many things can trigger asthma, and it's different from person to person. Dust, pollen, pets, and air pollution are common asthma triggers. So are exercise, strong emotions, and certain foods or drinks. You'll need to be mindful of the things that trigger your asthma so you can avoid them. You may need to make some changes in your home, school or workplace to make sure your environment is safe for you.

Get vaccines

With asthma, lung infections such as the flu and pneumonia can be very dangerous for you. Fortunately, there are vaccines for both. Talk to your doctor to find out if these are right for you.

Take an active role

Take an active role in your health. Each doctor visit is your chance to make sure you're managing asthma properly. So be open and honest with your doctor. Ask questions. Keep accurate records about your symptoms and your medication usage. Follow all of your doctor's advice. And speak up if your care plan isn't working.

Conclusion

By taking steps to manage your asthma, you can keep it under control and live your life to the fullest.