

Asthma Self-Care

Taking care and managing your asthma can help you live a good quality of life with few symptoms. Here are some of our top tips in order for you to best manage your asthma.

Understand your triggers



Having asthma can make your airways more sensitive to triggers such as cigarette smoke, exercise, hormones, pets, dust and stress

Stop smoking



Active and passive smoking is bad for your asthma and increases your risk of exacerbations

Stopping smoking is very important and you can contact the practice for help with this

Regular exercise



Regular exercise is important to keep fit and improve your lung function

You should keep your blue inhaler with you whilst exercising

If exercise makes your asthma worse, start with gentle exercises such as walking or yoga

Eat healthily



Eating a healthy balanced diet gives us energy to be active, support our immune system and improve our lung health

Foods high in vitamin D (milk, orange juice, eggs) and vitamin E (almonds, kale, broccoli) have been shown to reduce airways inflammation and asthma symptoms

Prevent colds and flu



Colds and viruses can increase your asthma symptoms

Book your annual flu vaccination to reduce this risk

Preventer treatment



If you have been prescribed a preventer inhaler, you should use this daily even when you do not have symptoms

Preventer inhalers maintain a healthy airway and reduce your risk of asthma exacerbations

Check your reliever inhaler use



If you are using your reliever inhaler more than 3 times a week, this can be a sign that your asthma is poorly controlled and you should book an appointment to review your treatment

Keep an updated asthma action plan



Have your asthma action plan available at all times in order to stay up-to-date with the management of your asthma

Complete and download a template of your plan from our website on the action plan section

Seek help and advice



Speak to a member of our practice if your symptoms are still affecting your daily life despite your current management plan

Ensure a good support network



Having a good support network of friends, family and healthcare professionals can help you manage your asthma well

If you need further support, contact our team at the practice or visit the Asthma UK website