

Accident & Emergency
Department



Patient Information

Asthma

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In asthma the breathing tubes of the lungs are oversensitive. These tubes have inflammation and swelling of their linings, increased mucus inside, tightening of the muscles in their walls and therefore less flow of air in and out.

A variety of factors may trigger an attack. These factors include infections like colds; allergies to animal fur, feathers, pollen, or moulds; house dust; cigarette smoke; sudden changes in weather; occupational irritants such as aerosol sprays or wood dust; drugs such as aspirin; certain foods and food additives; exercise especially in cold atmosphere and emotional upset or stress. The symptoms are breathlessness, tightness in the

chest, wheezing and coughing especially at night.

Prevention of attacks is the best treatment, and all asthmatics and their families should aim to know the disorder very well.

Inhalers are usually prescribed by your doctor because they are simple safe and effective. There are two types of inhalers, the preventor such as Becotide, Pulmicort, Flixotide, Intal and the reliever inhaler such as Ventolin, Atrovent, Salbuterol or Berotec, which helps relieve on the spot attacks. Despite using your inhalers correctly should an attack persist seek urgent medical help.

USE YOUR MEDICINE CORRECTLY