

(1) Causes of Asthma

- Asthma is a common disease. Many patients begin developing asthma in early childhood but the majority will recover during adolescence. Some other patients may develop asthma in adulthood.
- Although the cause of asthma is unknown, people with asthma often have sensitive airways that become narrow in response to certain triggers, thus causing an asthmatic attack.
- Asthma is a recurrent condition. If it is not properly treated or managed, it will affect the patient's daily life, or even cause death in serious cases. Take note of the following advice to reduce the risk of attack.

(2) Home Care Tips for Asthma

- Patients should take medications as prescribed and rest after receiving treatment. Keep in mind the following in daily life
 - maintain healthy lifestyle, do moderate exercise to improve lung function;
 - take asthma medications before exercise if necessary and avoid excessive workout;
 - always bring along a small amount of medication with you and wear a bracelet or carry a card marking "Asthma Patient" to enable prompt treatment in case of an attack;
 - learn to use the drug inhaler properly;
 - do not smoke;
 - maintain good indoor ventilation;
 - avoid staying in dusty places, frequently clean and vacuum-clean the house, change bed linens and clean dust nets of air-conditioners (wet mopping instead of dry sweeping the floor);
 - avoid eating or contact with food or substances that may trigger off the patient's allergic reaction;
 - stay calm, avoid excitement, irritability, anger or mood swings; learn how to relax;
 - wear appropriately to prevent catching a cold;
 - it is not advised to keep furry pets, however, do keep your home and pets clean if keeping them;
 - be aware of and familiarized with the personal symptoms of an attack in order to identify an appropriate way of management as early as possible.

(3) Signs for Alert

- If any of the following happens, the patient should stay calm and seek medical attention promptly:
 - medication does not help during an asthma attack;
 - shortness of breath even for a brief walk indoor or at rest;
 - difficulty in breathing and feeling of suffocation;
 - difficulty in speaking or signs of impending loss of consciousness due to shortness of breath.

Prepared by Coordinating Committee in Accident & Emergency

Hospital Authority

May 2018