

# Skeltons Chemists

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## Opening Times

Monday to Friday - 8.30am - 5.30pm

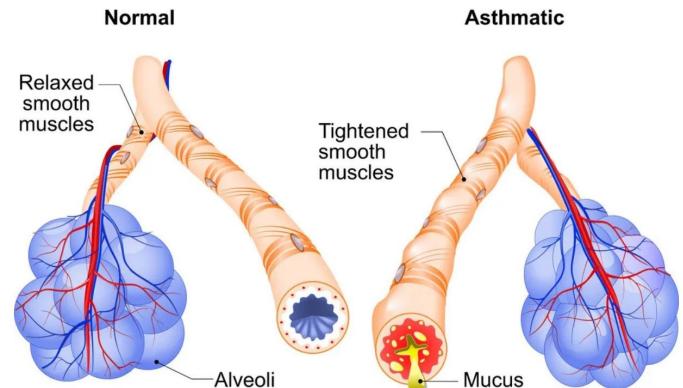
Saturday - 8.30am - 3pm

Sundays & Bank Holidays - Closed

## Your FREE Healthy Living Leaflet for August 2022

1. How many people die from asthma a day in the UK?
2. What is asthma?
3. What are the symptoms?
4. Why do people die from it?
5. How can an asthma attack be prevented?
6. What is an asthma action plan?
7. Where do you get an asthma action plan?
8. How do they get the best from an action plan?
9. How is asthma treated?
10. What do they do if they are having an asthma attack?

## ASTHMA



Answers on the bottom of page two

### What is asthma?

Asthma is a common lung condition that causes occasional breathing problems. It affects people of all ages and often starts in childhood, although it can develop for the first time in adults. The main symptoms are:

- A whistling sound when breathing
- Breathlessness
- A tight chest which may feel like a band is tightening around it
- Coughing

Several conditions have similar symptoms so it is important to get a proper diagnosis which can be done at your GP surgery using some simple tests.

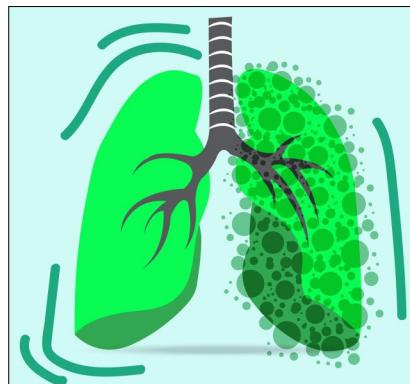
### What is the treatment?

Asthma is usually treated by using inhalers which are either relievers that are used when

there is a need to quickly relieve asthma symptoms for a short time or preventers that are used every day to prevent asthma symptoms happening.

However about 3 people die every day in the UK from asthma because they have an asthma attack and don't get help in time. The symptoms of an asthma attack are:

- ◆ Symptoms are getting worse
- ◆ Their reliever inhaler (usually blue) is not helping
- ◆ They are too breathless to speak, eat or sleep
  - ◆ Their breathing is getting faster, and it feels like they can't catch their breath
  - ◆ Their peak flow score is lower than normal
  - ◆ Children may complain of a tummy or chest pain.



## What should they do if they are having an asthma attack?

1. Get them to sit up straight and try to keep calm
2. Take one puff of their reliever inhaler (usually blue) every 30-60 seconds up to 10 puffs
3. If they feel worse at any point or they do not feel better after 10 puffs an ambulance should be called
4. If the ambulance has not arrived after 10 minutes and their symptoms have not improved, they should repeat step 2
5. If their symptoms are no better after repeating step 2 and the ambulance has still not arrived, contact 999 again immediately.

Never be frightened of calling for help in an emergency. Take their inhalers and asthma plan with them to hospital if possible. If their symptoms improve and they do not need to go to hospital, get an urgent same day appointment to see their GP or asthma nurse. This advice is not for people on SMART or MART treatment – they should ask their GP what to do if they have an asthma attack.

## The best way to prevent an asthma attack

- Follow their personal asthma action plan and take all their medicines as prescribed
- Have regular asthma reviews with a GP or asthma nurse at least once a year
- Check with the GP or asthma nurse that they are using their inhalers correctly
- Avoid things that trigger their asthma

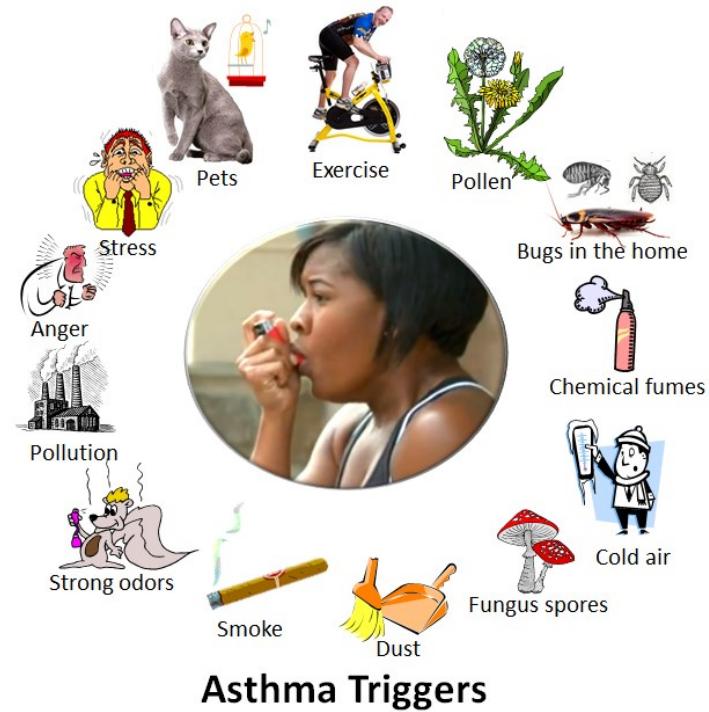
An asthma action plan details what medicines the person takes every day, what they should



do if their symptoms get worse and what to do in an emergency. If the person hasn't been offered one by their GP or asthma nurse, they can download one from Asthma UK website.

To get the best out of their action plan the person should keep it somewhere they see it every day like on their fridge, keep a photo of it on their phone so they can see it when they are out and about, tell their friends and family about it, check it regularly and take it to all their asthma appointments.

**For more information about this or any other health issue talk to one of our trained staff**



## **Asthma Triggers**

Answers: Q1, 3. Q2, It is a common lung condition that causes occasional breathing problems. Q3, Whistling sound when breathing, breathlessness, a tight cough, coughing. Q4, Asthma sometimes get worse for a short time (called an asthma attack) and if the person ignores their symptoms, they can die. Q5, By following their asthma plan and using their inhalers as prescribed. Q6, It tells the person which medicines they take every day, what to do if their symptoms get worse and the emergency action they should take if they are having an asthma attack. Q7, If the person hasn't already got one, they can download one from the Asthma UK website. Q8, They put it somewhere easy to find, keep a photo of it on their phone, check it regularly and take it to each asthma appointment. Q9, They use inhalers - a reliever to help symptoms when they occur and a preventer that stops symptoms developing. Q10, Sit up straight, try to keep calm, take one puff of their reliever inhaler every 30-60 seconds up to 10 puffs. If they feel no better, call 999. If the ambulance hasn't arrived in 10 minutes, take another 10 puffs. If the symptoms are not better and the ambulance still hasn't arrived, contact 999 again immediately.