

Asthma is a chronic lung disease. You can help control your asthma by making an Asthma Action Plan.



FDA encourages diverse participation in clinical trials.


If you think a clinical trial may be right for you, talk to your health care provider.


You can also search for clinical trials in your area at www.clinicaltrials.gov.

FOR MORE INFORMATION

 www.fda.gov/healthequity

 healthequity@fda.hhs.gov

 1-888-INFO-FDA
(1-888-463-6332)

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 **U.S. FOOD & DRUG**
ADMINISTRATION

STEPS TO CONTROL YOUR ASTHMA



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What is asthma?

Asthma is a chronic lung disease that causes the airways to become inflamed and narrow. Symptoms include coughing, wheezing, chest tightness, and shortness of breath. These symptoms may be mild or severe.

Some common triggers for asthma are:

- Dust
- Mold
- Pollen
- Air pollution
- Tobacco smoke
- Pet dander (animal skin or hair)
- Strong scents such as perfumes or cologne
- Respiratory illness such as the cold or flu



How is asthma treated?

Uncontrolled asthma can lead to long-term damage to the lungs and airways, hospital stays and emergency room visits, and missed school days. That is why it is important to consult with your health care provider to determine which medications are right for your asthma and how to use them.

There are two types of asthma medications: quick-relief and long-term control. These medications are taken by mouth, inhaler, or injection. They work to open the airways and lungs by relaxing the muscles or reducing swelling so that it is easier to breathe.



Quick-relief or rescue medications help prevent or relieve symptoms during an asthma attack. The most common quick-relief medications are delivered using an inhaler. The medication is inhaled (breathed in) through this device, allowing it to act fast by going straight to your airways. You should carry your inhaler with you at all times.

In some cases, quick-relief medications can be used as needed to treat asthma that is mild or only occurs with exercise.

Long-term control medications are taken every day to control symptoms of asthma and prevent asthma attacks. Take your long-term control medications even when you don't have symptoms.



What is an Asthma Action Plan?

An important treatment step is developing an Asthma Action Plan (AAP) with your health care provider. An AAP includes information to help you control your asthma such as:

- Asthma triggers
- Keeping track of your symptoms to know if they are getting worse
- Specific names of each asthma medication and when it should be taken based on symptoms
- Symptoms that need urgent medical attention
- Telephone numbers for an emergency contact, health care provider, and local hospitals

