

ASTHMA



Asthma is a disease of inflammation that affects the airways in your lungs. It can result in excess mucus production and bronchoconstriction which manifests as shortness of breath, cough, chest tightness and wheezing. It is often worsened by sinus congestion and heartburn. It is often associated with environmental allergies. When treating asthma, we want to optimize each of these 3 domains (inhalers, other conditions, and triggers). Being aware of one's symptoms is critical to optimal asthmatic care and that includes understanding peak flows and having an action plan in place, similar to the link below.

[Asthma-Action-Plan_optimized.pdf](#)

Similar to COPD, it is important to understand how to use your inhalers properly to get the most out of them. Brief demonstration videos are available at the following link.

[English Self-Care Video Series – BC Lung Foundation](#)

There are also a number of resources available from Asthma Canada at the following link.

[Asthma Canada](#)