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THE HEDON GROUP PRACTICE

*Further help and  
information:*

**Asthma UK**  
Summit House  
70 Wilson Street  
London  
EC2A 2DB

*Asthma Helpline:*  
0845 01 02 03

*Web:*  
[www.asthma.org.uk](http://www.asthma.org.uk)

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*At*

*Market Hill House  
Hedon  
HU12 8JD*

*Tel: (01482) 899111*

*And*

*Chapel Lane  
Keyingham  
HU12 9RA*

*Tel: (01964) 622706*

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THE HEDON GROUP PRACTICE

*A BRIEF GUIDE TO*

# ASTHMA



*This leaflet has been produced  
for the patients of The Hedon  
Group Practice*

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## What is Asthma?

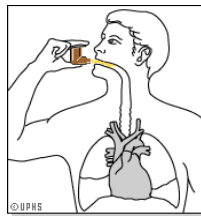
Asthma is a common condition that affects the airways of the lung.

From time to time the airways constrict (become narrow) giving the typical symptoms of wheeze, cough, chest tightness and shortness of breath. Symptoms vary from mild to severe.

You will have the opportunity to discuss your condition with a Doctor or a Nurse.

## Important Points about Asthma

- It is important you learn how to use your inhalers correctly.
- If your symptoms are not fully controlled, see a Doctor or Nurse to discuss this.



- See a Doctor **URGENTLY** if you develop severe symptoms that are not eased by your reliever inhaler.



- You should have an influenza immunisation (flu jab) every Autumn.
- You should have a review with a Doctor or Nurse at least every 12 months.
- If you are a smoker you should stop. If you wish to discuss how to stop, or need help stopping, see a Doctor or Nurse or attend our Stop Smoking Clinic



## What can make Asthma symptoms worse?

- **Infections**, particularly colds, coughs and chest infections.
- **Pollens and moulds**. The hay fever season is a common time for asthma to get worse.
- **Smoking and cigarette fumes**.
- **Other fumes and chemicals**. For example, fumes from paints, solvents and pollution.

- **Allergies to animals**. Such as pet cats, dogs and horses

## Treatment

Treatment consists of using inhalers—relievers and preventers—or occasionally antibiotics or steroid tablets.

## Does Asthma Go Away?

There is no once-and-for-all cure. However, about half of the children who develop asthma ‘grow out of it’ by the time they are adults. For many adults, asthma is variable with some good spells and some spells that are not so good. Some people are worse in the winter months, and some worse in the hay fever season.

Although not curable, asthma is treatable.

Stepping up the treatment for a while during bad spells will often control symptoms.

If you are a parent of a child with Asthma, your smoking will adversely affect your child's Asthma