

IX. SUMMARY

Management of Asthma

1. Identify and control asthma triggers.
2. Use asthma medications properly. Asthma medications may be taken by mouth, injections or inhalation. They help to relax and open airways and reduce inflammation. Always take your medications at scheduled times to reduce asthma attacks . If you are using an inhaler, learn to use it correctly and care for it properly. Keep your inhaler with you at all times and test the quantity of medication in it regularly.
3. Monitor your asthma by using the peak flow meter regularly. Keeping a daily record of your measurement can help you and your doctor better manage your asthma. A low peak flow value indicates that you should take steps to prevent an asthma attack.
4. When you exercise, be sure to follow the general exercise guidelines to prevent or control exercise-induced asthma.

