

## How is asthma diagnosed?

Asthma is diagnosed by:

- ✓ Medical history
- ✓ Physical exam
- ✓ Spirometry: a breathing test that measures **how much** air you can blow out and **how fast** you can blow it out.



## If you have been diagnosed with asthma, take the 30 second asthma test:

- I use my rescue inhaler 4 or more times per week.
- I cough, wheeze, or have a tight chest because of my asthma - 4 or more days per week.
- I wake up at night from cough, wheeze or chest tightness – more than 1 time per week.
- I have stopped exercising because of my asthma – in the past 3 months.
- I have missed work or school because of my asthma – in the past month.

If you have checked even 1 box, your asthma could be dangerously out of control. Please see your doctor or certified asthma educator.

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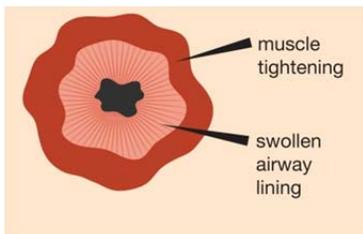
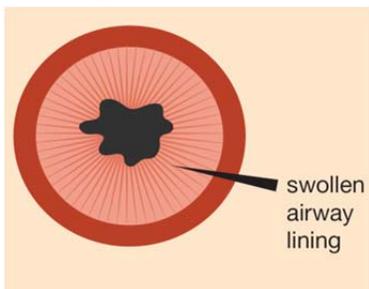
# ASTHMA



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## What is asthma?

Asthma is a serious, long-term (chronic) disease that makes it hard to breathe. People with asthma have airways (breathing passages) that are very sensitive. These sensitive airways react to an irritant by becoming swollen, filling up with mucus and narrowing. This narrowing makes it harder for the air to pass through.



## What are the symptoms of asthma?

People with asthma often have **one or more** of these symptoms:

- Wheezing
- Chest tightness
- Coughing
- Shortness of breath

Asthma symptoms can change over time or depending on the situation. Everyone's asthma is different. Asthma symptoms can be mild or severe, but can be controlled.

### Remember:

Asthma is a long-term disease – you have it all the time, even when you don't feel the symptoms. To stay healthy follow your asthma treatment plan every day, even on days when you feel fine.

## How is asthma treated?

1. **Avoid your triggers:** if you know something will bother your asthma, please avoid it.
2. **Controller medications:** are breathed in from an inhaler and work to stop the airways from reacting to a trigger. Controller medications should be taken every day.
3. **Rescue medications:** relieve the airway narrowing that happens when you react to one of your triggers. These medications work fast to open the airways and make it easier to breathe. On most days, these medications should not be needed.