

Treatment

Active asthma management

Knowing the appropriate medicines to take and being aware of your specific symptoms and triggers are important in an active asthma management programme. If you have an inhaler, you should spend some time learning how to use it properly.

Your doctor may ask you to keep a daily symptom diary and/or a peak flow chart using a peak flow meter. This will help your doctor to monitor your asthma and to decide on the most suitable treatment for you.

Trigger avoidance

An essential part of controlling asthma is taking steps to avoid exposure to those substances which may trigger an attack, for example stopping smoking or avoiding dust mites, or keeping pets outdoors as much as possible.