



Asthma 1-2-3

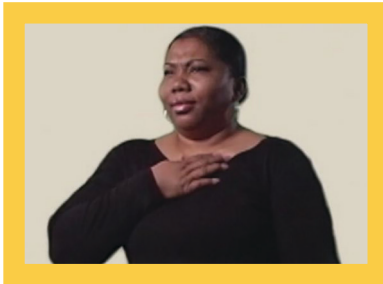
 **SAMBA**
Supporting Asthma Management
Behaviors in Aging Adults

Asthma 1-2-3:

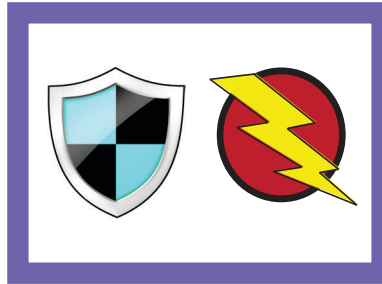
GUIDE OVERVIEW

Managing your asthma is as easy as 1-2-3!

Where would you like to start?



Page 1:
All About Asthma



Page 3:
Medicine Overview



Page 5:
Triggers



Page 7:
Medicine Technique

Asthma Action Plan	
How's your asthma today?	
GOOD 😊	GO Use these CONTROLLER medicines every day
NOT GREAT 😐	CAUTION Continue you CONTROLLER medicine And add a RESCUE medicine
BAD 😞	GET HELP Take these medicines and call your doctor NOW!

Page 10:
Asthma Action Plan



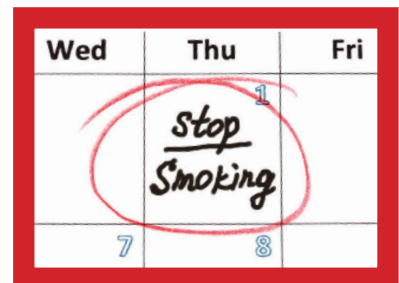
Page 11:
Fitting Asthma into Your Life



Page 13:
Breathing and Mindfulness Tips



Page 15:
Peak Flow Meter



Page 17:
Ready, Set, Quit!

ALL ABOUT ASTHMA

What is asthma?

Asthma is a long-term (chronic) disease of the airways and lungs.

When you have asthma, your airways and lungs are easily irritated. This can make it hard for you to breathe.

Asthma can develop at any age.



Do I always have asthma?

Yes, you have asthma all of the time, even when you are not short of breath.

Asthma cannot be cured, but it can be controlled.

Can I control my asthma?

Yes, you can control your asthma and keep doing the activities you enjoy.

These are some things you can do to stay in control:

- Take your asthma controller medicine every day.
- Keep track of how you feel each day.
- Know what makes your asthma worse and try to avoid those things.

What are common symptoms of asthma?

Warning signs, or symptoms, let you know when your asthma is getting worse.

Common symptoms of asthma include:

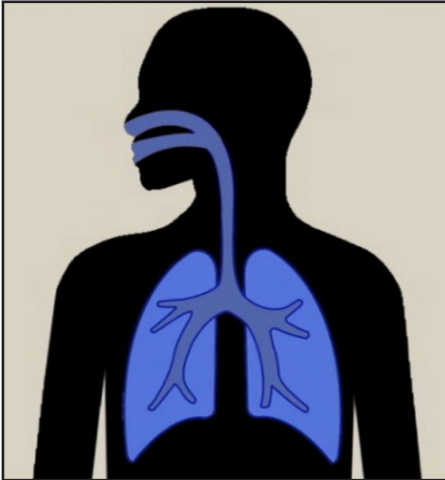
- shortness of breath
- chest tightness
- coughing
- wheezing (hearing a whistling sound as you breathe)

Everyone's symptoms are different. You may have some or all of these symptoms.

What is an asthma attack?

An asthma attack is when your asthma symptoms get worse.

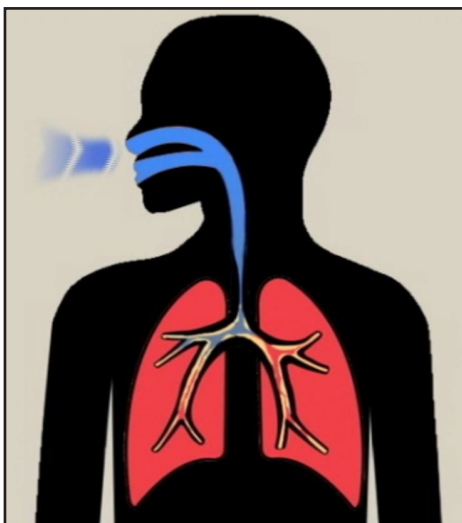
When you have an asthma attack it may feel like you cannot get enough air or you are unable to catch your breath.



When your asthma is under control

When you breathe, air flows in and out of your airways and lungs.

In this picture, the blue represents the air freely going into your lungs.



When you are having an asthma attack

During an asthma attack, airways to the lungs get smaller. This makes it harder for you to breathe.

In this picture, the airways are tight. The air (shown in blue) has trouble getting into your lungs.

REVIEW

- Asthma is something you have all the time.
- Asthma cannot be cured, but it can be controlled.
- Asthma attacks make it hard for you to breathe.

MEDICINE OVERVIEW

Asthma medicines can help you manage and prevent asthma symptoms.

There are 2 different types of asthma medicines: controller medicines and rescue medicines.

CONTROLLER MEDICINES

Controller medicines help prevent asthma attacks from starting. They also make asthma attacks less severe. Most people with asthma need a controller medicine.

Some controller medicines help reduce the swelling inside your airways. Others help relax the muscles that squeeze your airways.



Controller medicines should be taken EVERY DAY, whether you are having symptoms or not. They help you feel good so you can keep doing your daily activities.

Your controller medicine acts like a shield. It helps protect you from having asthma attacks. Taking your controller medicine every day makes your shield strong. If you do not take it every day, your shield cannot protect you as well.

Controller medicines do **NOT** give you quick relief from asthma symptoms. They do not work in the same way as rescue medicines, so cannot be used as a substitute for your rescue medicine.

RESCUE MEDICINES



Rescue medicines work lightning fast to make it easier for you to breathe. They help open your airways when you are having an asthma attack. They do not help control the swelling in your lungs.

Everyone with asthma needs a rescue medicine.

Use your rescue medicine when you feel short of breath.

MY ASTHMA MEDICINES



My Controller Medicine(s): _____



My Rescue Medicine: _____

- TIPS**
- Take your controller medicine every day, even if you feel fine.
 - Keep your rescue inhaler with you at all times.
 - You and your doctor should create an Asthma Action Plan. This is a plan for you to use when your breathing gets worse (see page 10).

SIDE EFFECTS

Controller medicines have very few and rare side effects.

The few possible side effects from taking controller medicines are better than not taking them. If you do not take a controller medicine, you will likely have more asthma symptoms, more asthma attacks, and need to take even more medicine.

The positive things your controller medicine does for you outweigh the negative.

Asthma medicines are safe to use. You cannot become addicted to them, even if you use them for many years.

- REVIEW**
- There are 2 different types of asthma medicines: controller medicines and rescue medicines.
 - Controller medicines help prevent asthma attacks from starting.
 - Rescue medicines work quickly to stop asthma attacks *after* they have started.
 - The benefits of your asthma medicine outweigh any side effects you might have.

TRIGGERS

Triggers are things that bother your asthma. They make your asthma symptoms worse. You can have many different triggers. Some triggers may bother you more than others and they may get worse at different times.

It is good to know your triggers. You will breathe better if you stay away from your triggers. Here are some common triggers and ways to control them.

INSIDE



Dust or Dust Mites

Clean objects in your home that collect dust. Keep your carpet clean by vacuuming regularly. Use allergy covers for pillows and mattresses. Wash your bedding in hot water every week.



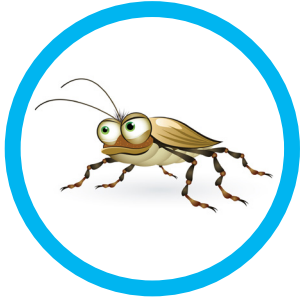
Mold

Mold appears as dark spots in your shower, under sinks and cabinets, on walls, or in the basement. Keep those areas clean and dry to reduce mold.



Strong Odors

Sprays, paints, perfumes, and cleaning supplies can have strong odors. If possible, ask someone else to help with cleaning. If you are in a room that has strong smells, open a window or leave.



Roaches

Roaches are attracted to food and water. Keep food in tightly sealed containers. Make sure to get rid of old food and garbage. Fix leaking faucets. Try not to use pesticide sprays.



Pets

If cats, dogs, or other pets bother your asthma, try to avoid being near them. If you have pets, keep them out of your bedroom.

OUTSIDE



Pollen

Pollen is made of tiny grains that come from trees, flowers, and grass. There is more pollen in the air on hot, dry, and windy days. Stay indoors as much as you can on those days.



Cold Air

If you must go outside when it's cold, bundle up. Cover your mouth and nose.

YOUR BEHAVIOR



Cigarette Smoke

Do not smoke. Avoid being around others when they are smoking.



Exercise

Staying active is an important part of being healthy. However, some types of exercise may cause asthma symptoms. Talk to your doctor to see what exercises you can do.



Strong Emotions

Strong emotions like laughter, crying, and anger can irritate your airways. This causes coughing and shortness of breath. Try to stay calm and slow your breathing when this happens.

REVIEW

- Triggers make your asthma worse.
- There are 3 types of triggers: indoor, outdoor, and your behavior.
- These triggers affect people differently.
- Try to avoid your triggers as much as possible.

MEDICINE TECHNIQUE (MDI)

Metered Dose Inhaler (MDI) - with a spacer

It's as simple as **READY - SET - GO**

READY: prepare your inhaler

- Shake your inhaler 5 or 6 times.
- Remove the caps from both your inhaler and your spacer.
- Put the open end of your inhaler into the bottom of the spacer. Make sure your inhaler and spacer fit snugly together.



SET: your mouth to use your inhaler

- Breathe out slowly through your mouth.
- Put the open end of your spacer up to your lips and behind your teeth. Press your lips firmly around the mouthpiece.
- Keep your tongue out of the way. Make sure you do not have food, gum, or candy in your mouth.



GO: take your medicine

- Press down on the top of your inhaler.
- Breathe in slowly and deeply through your mouth.
- Hold your breath for 10 seconds. Then, breathe out.



Take 1 puff at a time. If you need a second puff, wait at least 1 minute before taking it.

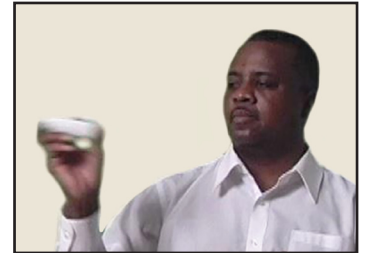
Rinse your mouth out with water after you are finished. Spit the water out. Do not swallow the water.

It is important to use a spacer. Always keep your spacer with your inhaler.

Metered Dose Inhaler (MDI) - without a spacer

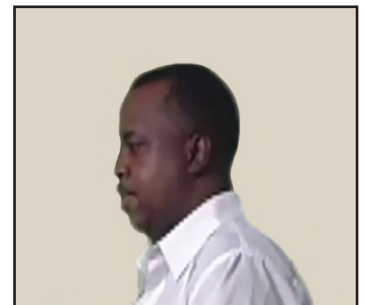
READY: prepare your inhaler

- Shake your inhaler 5 or 6 times.
- Remove the cap from your inhaler.



SET: your mouth to use your inhaler

- Breathe out slowly through your mouth.
- Put the open end of your inhaler up to your lips and behind your teeth. Press your lips firmly around the mouthpiece.
- Keep your tongue out of the way. Make sure you do not have food, gum, or candy in your mouth.



GO: take your medicine

- Press down on the top of your inhaler.
- Breathe in slowly and deeply through your mouth.
- Hold your breath for 10 seconds. Then, breathe out.



Take 1 puff at a time. If you need a second puff, wait at least 1 minute before taking it.

Rinse your mouth out with water after you are finished. Spit the water out. Do not swallow the water.

TIP If you do not have a spacer, ask your doctor for one. A spacer helps the medicine get to your lungs, instead of staying in your mouth. This will help you get more of the relief you need.

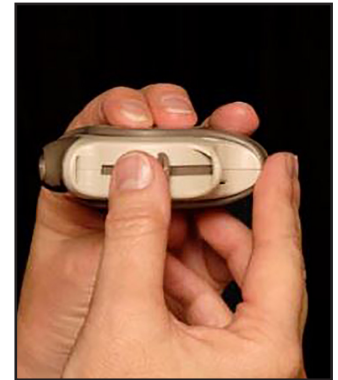
MEDICINE TECHNIQUE (DPI)

Dry Powder Inhaler (DPI)

It's as simple as **READY - SET - GO**

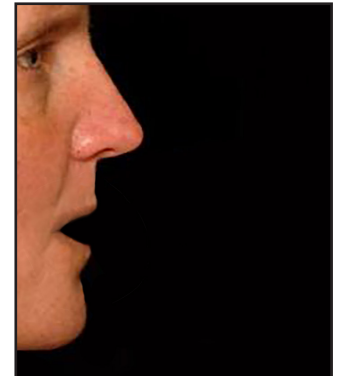
READY: prepare your inhaler

- Hold your inhaler level and flat. Do NOT tip your inhaler.
- Use your thumb to slide the inhaler open. You should hear a click and now see the mouthpiece.
- Push the second lever until it clicks. This will put the medicine into the right place.



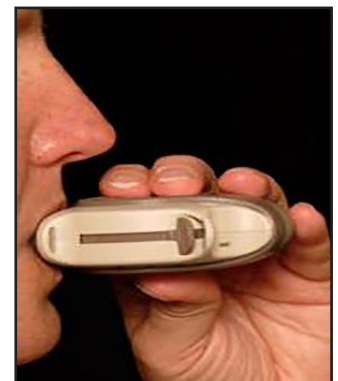
SET: your mouth to use your inhaler

- Breathe out slowly. Hold the inhaler away from your mouth. Never breathe out into the inhaler.
- Put the mouthpiece in your mouth. Press your lips firmly around the mouthpiece.
- Keep your tongue out of the way. Make sure you do not have food, gum, or candy in your mouth.



GO: take your medicine

- Breathe in quickly and deeply through your mouth. Your breath will pull in the medicine.
- Remove the inhaler from your mouth.
- Hold your breath for 10 seconds. Then, breathe out.



When you are done, close the inhaler by sliding the thumb grip back toward you until it clicks shut.

Rinse your mouth out with water after you are finished. Spit the water out. Do not swallow the water.




ASTHMA ACTION PLAN

What is an Asthma Action Plan?

An Asthma Action Plan is something your doctor gives you to help you manage your asthma and prevent asthma attacks. It can help you remember what to do when your breathing changes.

Talk to your doctor if you have not received a written Asthma Action Plan.

Ask your doctor if you have any questions or if you need a new one.

Asthma Action Plan for [INSERT PT NAME] [DATE]	
Your Doctor:	Your Doctor's Phone #:
How's your asthma today?	
GOOD 	GO Use these CONTROLLER medicines every day
You have <u>all</u> of these: <ul style="list-style-type: none">Breathing is goodNo cough, wheeze, or chest tightness Peak flow at or above:	INHALED MEDICATION (HOW MUCH AND WHEN TO TAKE IT)
NOT GREAT 	CAUTION Continue you CONTROLLER medicine And add a RESCUE medicine
You have <u>any</u> of these: <ul style="list-style-type: none">Cough, wheeze, chest tightnessShortness of breathYou're catching a coldYou're exposed to something that can trigger an attack Peak flow: to	INHALED MEDICATION (HOW MUCH AND WHEN TO TAKE IT) Call your doctor as soon as you can.
BAD 	GET HELP Take these medicines and call your doctor NOW!
Asthma is getting worse fast: <ul style="list-style-type: none">Medicine is not helpingBreathing is hard and fastNose opens wideRibs show Peak flow below	INHALED MEDICATION (HOW MUCH AND WHEN TO TAKE IT) Your doctor will want to see you right away. If you can't contact your doctor, go to the emergency room.

What are the 3 zones on my Asthma Action Plan?

Your plan describes 3 zones of how you may feel and the actions you should take.

Zone 1: If you are feeling GOOD, you have no asthma symptoms. Your asthma is under control. This is where you should be every day.

Zone 2: If you are feeling NOT GREAT, you have some symptoms. Your medicines may need adjusting.

Zone 3: If you are feeling BAD, you have many severe symptoms. Your asthma is not under control. You need to contact your doctor immediately.

When should I use my Asthma Action Plan?

You can look at your Asthma Action Plan any time to see how your breathing is doing. When your breathing changes, you should use your plan to help you decide what to do.

FITTING ASTHMA INTO YOUR LIFE

It can be hard to remember to take your controller medicine every day.

Here are a few tips on how to make taking your medicine part of your daily routine.

Create a routine

- Store your controller medicine with the rest of your pills, so your medicine is all together in one consistent spot.

Make sure your rescue medicine is with you at all times.

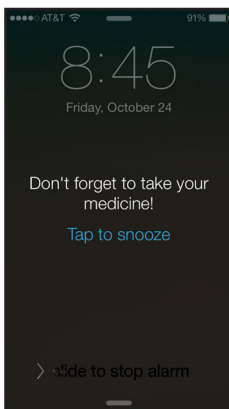


- Keep your medicine in a place that will help you remember to take it, like your bathroom.
-

- Take your other pills at the same time that you take your controller medicine.
-

- Take your medicine at the same time each day. Try to keep that time the same throughout the week. Use an organizer to help you set a daily schedule.

Other ways to remember to take your medicine

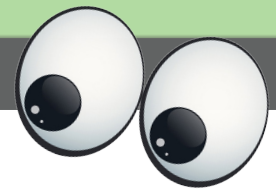


- Write yourself a note or set an alarm on your phone to help you remember to take your medicine.
-

- Ask your spouse, friend, or caregiver to help you remember.

TIP If your asthma is under control, you will be better able to manage your other chronic conditions.

Managing your medications



My Asthma Medicine:

	When I need to take it:				
Name of asthma medicine:	Morning	Noon	Evening	Bedtime	When I need it
1.					
2.					
3.					

My Other Medicine:

	When I need to take it:				
Name of medicine:	Morning	Noon	Evening	Bedtime	When I need it
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

REVIEW

- Make taking your medicine part of your daily routine.
- Store your controller medicine with the rest of your pills. Take your medicine at the same time each day.
- Use reminders so you don't forget.

BREATHING AND MINDFULNESS TIPS

Slow Belly Breathing

The way you breathe can impact how you feel. Belly breathing is one way to calm your body and mind.

When you are stressed, it is easy to take quick, short breaths. Belly breathing is taking slow, deep breaths from your belly.

Mindfulness

Mindfulness is a way to calm your thoughts. Mindfulness is taking a moment to stop and pay attention to how your body feels. This is a chance to slow down and be in the moment.

When can I do slow belly breathing?

Slow belly breathing and mindfulness can be done anywhere and any time. You can do it at home, on the bus, or before seeing your doctor.

How do I do slow belly breathing?

1. Lie down or sit comfortably.
2. Place one hand on your belly.
3. Close your eyes and try to be still.
4. Let your body relax. Let go of any tension and let your muscles get heavy.
5. Be willing to notice any thoughts that arise. Make note of them, and then let them go.
6. Breathe in slowly through your nose. Breathe in deeply, filling your belly with air. You should feel your hand rise.
7. Breathe out slowly through your nose. Let your muscles relax even more as you breathe out.
8. Repeat the deep breaths, until your mind and body feel calm and present.
9. Try to focus on the air coming in and out and how it feels. This will help you stay in the moment.

TIP If you feel your mind wandering, focus on the movement of your breath. We can choose where to direct our attention.

MEDITATION

What is meditation?

Meditation can help you relax, be kind to yourself, and stay in control of your emotions.

Meditation can be done in many different ways. Below is one way you can meditate.

How can I meditate?

1. Lie down or sit comfortably.
2. Try to be still.
3. Let your body relax. Let go of any tension and let your muscles get heavy.
4. Read each saying below slowly. At the end of the phrase, take a moment to pause.

I give myself permission to be safe.

I give myself permission to be healthy.

I give myself permission to have ease of body and mind.

I give myself permission to be at peace.

May my loved ones be safe.

May my loved ones be healthy.

May my loved ones have ease of body and mind.

May my loved ones be at peace.

5. Repeat as many times as you would like.

- ## REVIEW
- Slow belly breathing, mindfulness, and meditation are all things that can help you calm your body and mind.
 - When you are able to stay calm, you are more able to stay in control of your breathing.
 - You can do any of these things anywhere and any time

PEAK FLOW METER

What is a peak flow meter?

A peak flow meter is a device used to measure how fast air can move out of your lungs.

A peak flow meter can help you:

- know when your asthma is getting worse, even before you have symptoms or an asthma attack.
- learn what things make your asthma worse.
- decide if your medicine plan is working well.
- know when to get emergency care.

Your doctor may prescribe you a peak flow meter to help monitor your asthma.

There are many different kinds of peak flow meters.

Examples of peak flow meters



When do I use my peak flow meter?

Use your peak flow meter every morning when you wake up, before you take your medicine. Make this part of your routine.

You can also use your peak flow meter when you are having asthma symptoms or an asthma attack.

Keep track of your peak flow meter results in a journal or chart (page 19). Bring these numbers with you to your doctor visits.

How do I clean my peak flow meter?

You should clean your peak flow meter once a week.

1. Wash it with warm water and a mild liquid soap.
2. Rinse gently and allow the meter to air dry completely on a clean surface.
3. Look at your peak flow meter instructions for more information.

How do I use my peak flow meter?

1. Slide the marker to the bottom (zero) of the numbered scale.

2. Stand up, or sit up straight.
Remove anything from your mouth.

3. Take a deep breath. Fill your lungs all the way.

4. Hold your breath while you place the mouthpiece in your mouth, between your teeth. Close your lips around it. **DO NOT** put your tongue inside the hole.

5. Blow out as hard and as fast as you can. Keep your fingers away from the marker.

6. Write down the number next to where the marker stopped. If you cough, do not write the number down. Do the test over again.

7. Repeat steps 1 - 6 two more times.

8. Write down the highest of the 3 numbers in your peak flow chart or journal.
This is your peak flow number. Make sure to write down the date and time, too.

9. Check to see which zone your number is in on your Asthma Action Plan (page 10). Do the actions your doctor told you to do while in that zone.



- REVIEW**
- A peak flow meter measures how well air moves out of your lungs.
 - You should use your peak flow meter every day.
 - Keep track of your results. Take your results to your doctor visit.
 - Be sure to clean your peak flow meter.

READY, SET, QUIT!

If you are reading this section, you are ready to take an important step toward quitting smoking.

You may have tried to stop smoking before. For most people, it takes many tries to stop smoking. Do not give up!

Millions of people have stopped smoking. So can you!

READY

- Pick a “quit date” to stop smoking.
- Tell your friends and family your quit date.

SET

- Ask your doctor or pharmacist about medicines or nicotine replacements to help you quit smoking. These medicines come as pills, patches, lozenges, nasal sprays, or gum.
- Buy healthy snacks to have in the house when you quit.
- Make plans to spend time with people who do not smoke. Stay away from places that remind you of smoking.

QUIT

- On your quit date, throw away your cigarettes, ashtrays, lighters, matches, and anything else that makes you think about smoking. The harder it is to get a cigarette, the easier it will be to quit.
- Start using your pills, patches, or gum.
- Stay busy. Keep your hands occupied with hobbies like needlework, gardening, or drawing.
- Spend time with people who do not remind you of smoking and who motivate you to quit.



Quitting is not easy. Ask others for help. Get a personal quitting coach, for FREE! Call 1-800-QUIT-NOW (1-800-784-8669) or a local quit line for support.

Avoid things that make you want to smoke.

Smokers often smoke when their hands are free or when they have spare time.

Many times people want to smoke when they are:

- talking on the phone.
- watching television.
- driving.
- drinking coffee or alcohol.
- feeling nervous, bored, or hungry.

If you cannot stay away from the things that make you want to smoke, try to change the way you do them. Drink your coffee in a different spot, drive a different route to work, or watch television in a different room.

Have a plan for what you are going to do when you feel like smoking.

Do something else.

When you get the urge to smoke:

- take a few deep breaths.
- think about the things that make you happy.
- distract yourself with a piece of chewing gum, candy, or a healthy snack.
- take a walk.
- talk to a friend.
- play a game or look at pictures.
- do something with your hands, like doodle, garden, or make a list.

Doing these things will make you want to smoke less.



Hang in there!

A craving for a cigarette will usually go away after 3-5 minutes.

- REVIEW**
- It may take many tries before you really quit smoking. Keep trying!
 - When you want to smoke, distract yourself. Your craving will pass in a few minutes.
 - It will get easier with time. Your health will benefit as soon as you quit.

MY IMPORTANT NUMBERS

Primary doctor: _____

Phone number: _____

Asthma doctor: _____

Phone number: _____

Asthma coach: _____

Phone number: _____

Pharmacy: _____

Phone number: _____

NY State Health Department hotline (24 hrs/day, 7 days/week): 1-800-522-5006

For other non-emergency needs, call **311**.

If you are having a medical emergency, call **911**.

PEAK FLOW CHART

For instructions on how to use, see page 14.

Date	Time	1 st attempt	2 nd attempt	3 rd attempt	Best #

PEAK FLOW CHART

Date	Time	1 st attempt	2 nd attempt	3 rd attempt	Best #

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