



ASTHMA EDUCATION NEWSLETTER

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ASTHMA CLASSES AT SAMC

*April 16, 2009

“ASTHMA: FACT, MYTH, AND MANAGEMENT”

4TH FLOOR CONFERENCE CENTER

7 PM

CALL TO RSVP:

(847) 843-2000 X 5391

UPCOMING NEWSLETTER TOPICS

*Triggers

*Peak flows

*Environmental Controls

*What to do in an emergency

*Special Topics in Asthma management

*And much more!

Signs and Symptoms of an Asthma Attack

It is very important to identify the early warning signs of an Asthma attack. Asthma symptoms vary from person to person and can change over time .¹

Here are some common Asthma signs and symptoms in adults:²

- *Persistent cough
- *Wheezing or coughing with exercise
- *Shortness of breath
- *Heavy or fast breathing
- *Chest tightness
- *Coughing, wheezing or shortness of breath at night
- *Trouble speaking in full sentences

*Long exhalation or breathing through pursed lips

*Hunched shoulders or leaning over to breathe

*Shortness of breath when laying flat

You should take your rescue inhaler at the first sign of an Asthma attack. Early intervention is essential to managing your Asthma and your child’s Asthma.²

It is especially difficult to identify Asthma symptoms in small children because they are often unable to explain how they are feeling. In addition to cough, wheeze, or heavy breathing, it is important to watch for other signs of an Asthma attack.

When looking at a small child’s chest, watch for “sucking in”

around the ribs and stomach. These are called retractions” and are a sign of respiratory distress.²

Also listen for coughing and wheezing, especially at night or with activity. Not everyone wheezes, so a persistent cough may be the only symptom you notice.¹

Young children may complain of a stomach ache or sore throat during an Asthma attack. Many kids can’t identify chest pain as a symptom, so they often call it a stomach ache or itchy throat. If your child complains of these symptoms and also show other signs of an Asthma attack, give them their rescue medication immediately.³

In our next newsletter we will learn about how to identify an Asthma emergency and when to go to the hospital.

From the desk of the Asthma Educator...

Happy new year! Chicago has been hit with record breaking wind chills which is especially hard on people with Asthma. Cold air can be a serious Asthma trigger for adults and children. Here are some tips on staying healthy in the cold weather:⁴

- *Breathe through your nose when you’re outside. Your nose will warm and humidify the air you breathe.
- *Dress appropriately for the weather

and wear a scarf over your nose and mouth for extra protection.



- *If possible, try to stay inside during the coldest winter days.
- *Always keep your rescue inhaler with you in case of emergency.

Asthma attacks are often unexpected.

*It’s tough to keep kids inside when they want to play in the snow. So plan some special “cold day” indoor activities to keep them busy until the weather warms up. And most importantly, have fun!

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1 <http://www.mayoclinic.com/health/asthma/DS00021/DSECTION=symptoms>

2 <http://www.nationaljewish.org/healthinfo/conditions/asthma/symptoms.aspx>

3 <http://www.lungusa.org/site/pp.asp?c=dvLUK900E&b=22782>

4 <http://www.asthma.ca/adults/lifestyle/outdoor.php>