

ASTHMA

Daily

Medication Administration: Take all meds as ordered by physician.

If indicated, carry rescue inhaler on person at all times. Report to your doctor if you are using your rescue inhaler more than 2x/week.

Take precaution with humidity and seasonal allergies to prevent asthma exacerbation.

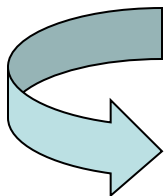
Avoid triggers: tobacco smoke, pets, allergens, occupational hazards burning wood/grass, fragrances, acid reflux, and airway infections.

Exercise daily: Follow your doctors exercise regimen.

Self monitor for increased wheezing, yellow/green sputum, increase shortness of breath, tightness in chest or chest pain.

If applicable, record peak flow numbers.

Do not take new medications/OTC without first consulting with your doctor.

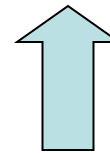


Yearly

Comprehensive medical exam

Get a "flu" vaccination

Ask if you are current on a pneumonia vaccination



Every 1-6 Months

Keep all medical appointments: Report any changes from previous visit.

Smoking cessation education if applicable.

Report to your doctor if you asthma medications aren't working as well anymore.

Bring all medications to your doctors visits.

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- Exercise daily: Follow your doctors exercise regimen.
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EVERY 1 – 6 MONTHS

- Keep all medical appointments: Report any changes from previous visit.
- Smoking cessation education if applicable.
- Report to your doctor if you asthma medications aren't working as well anymore.
- Bring all medications to your doctors visits.

YEARLY

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- Ask if you are current on a pneumonia vaccination