



DEANO'S GUIDE TO ASTHMA



HEY DEANO!
CAN YOU TELL US ALL
ABOUT ASTHMA
PLEASE?

THE NURSE SAYS THAT I
HAVE ASTHMA!

DUNNO!

WHAT'S ASTHMA?

HI MIKE!
MORE THAN HAPPY TO
HELP. LET'S ALL TALK
ABOUT
ASTHMA!



ASTHMA TRIGGERS

SOME OF THE MOST COMMON TRIGGERS OF ASTHMA ARE:



DUST



POLLEN



SMOKE



EXERCISE



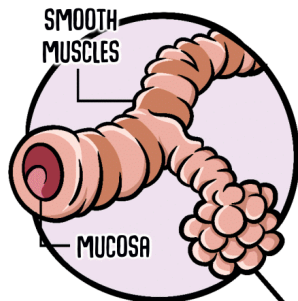
FEATHERS



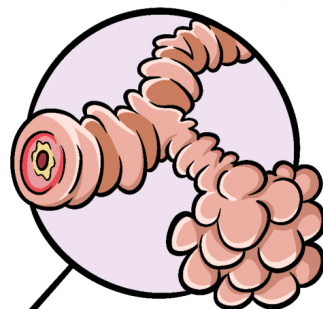
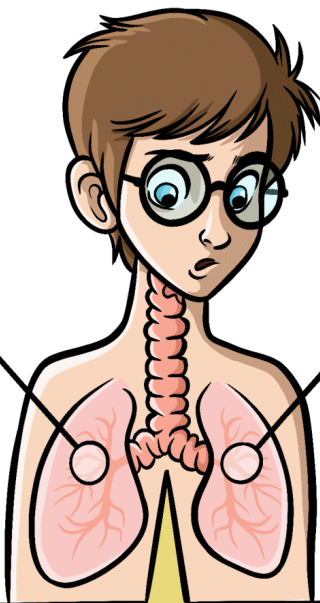
FUR

THE LUNGS AND AIRWAYS

INSIDE OUR LUNGS ARE SMALL TUBES CALLED AIRWAYS. THESE TUBES ARE AFFECTED BY ASTHMA.



THE AIRWAYS HAVE AN INNER LINING CALLED THE MUCOSA AND THEY ARE SURROUNDED BY SMOOTH MUSCLES. THE AIR PASSES FREELY BACK AND FORTH THROUGH THE AIRWAYS WHEN YOU BREATHE.



WHEN YOU HAVE ASTHMA, THE MUCOSA BECOMES SWOLLEN AND INFLAMED. THEN, WHEN TRIGGERED, THE SMOOTH MUSCLES BECOME VERY TIGHT. THIS SQUEEZES THE AIRWAYS AND STOPS THE AIR FROM MOVING FREELY, MAKING IT HARD TO BREATHE.

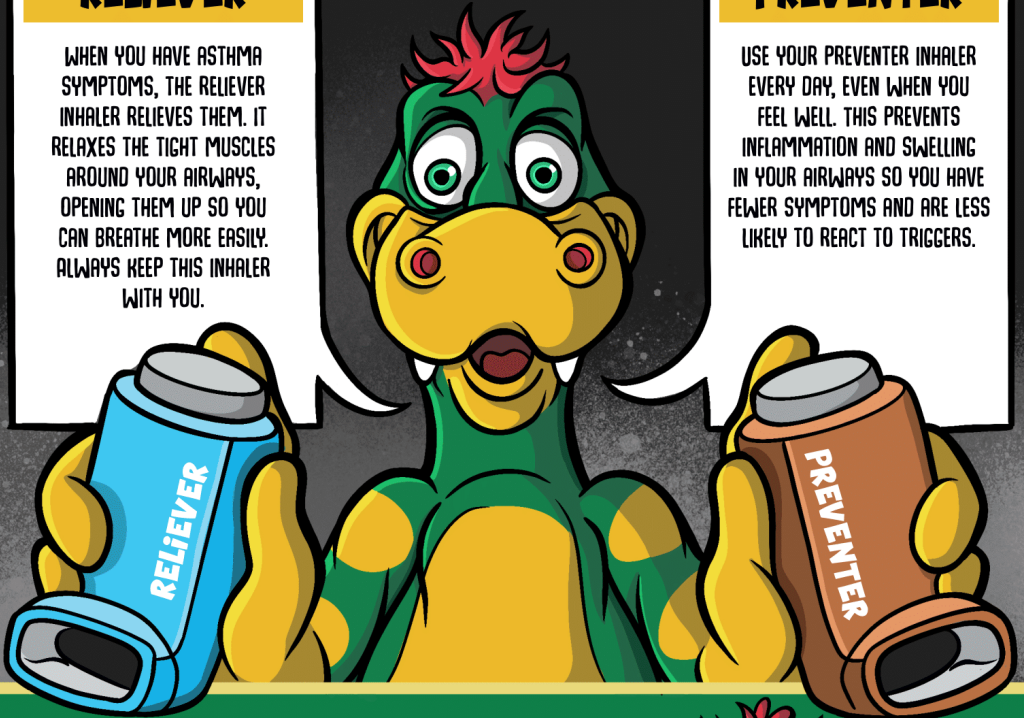
I HAVE A FRIEND WHO HAS INHALERS TO HELP HIM DEAL WITH HIS ASTHMA. HE HAS A BLUE ONE AND A BROWN ONE. WHAT'S THE DIFFERENCE BETWEEN THE TWO PLEASE?

RELIEVER

WHEN YOU HAVE ASTHMA SYMPTOMS, THE RELIEVER INHALER RELIEVES THEM. IT RELAXES THE TIGHT MUSCLES AROUND YOUR AIRWAYS, OPENING THEM UP SO YOU CAN BREATHE MORE EASILY. ALWAYS KEEP THIS INHALER WITH YOU.

PREVENTER

USE YOUR PREVENTER INHALER EVERY DAY, EVEN WHEN YOU FEEL WELL. THIS PREVENTS INFLAMMATION AND SWELLING IN YOUR AIRWAYS SO YOU HAVE FEWER SYMPTOMS AND ARE LESS LIKELY TO REACT TO TRIGGERS.

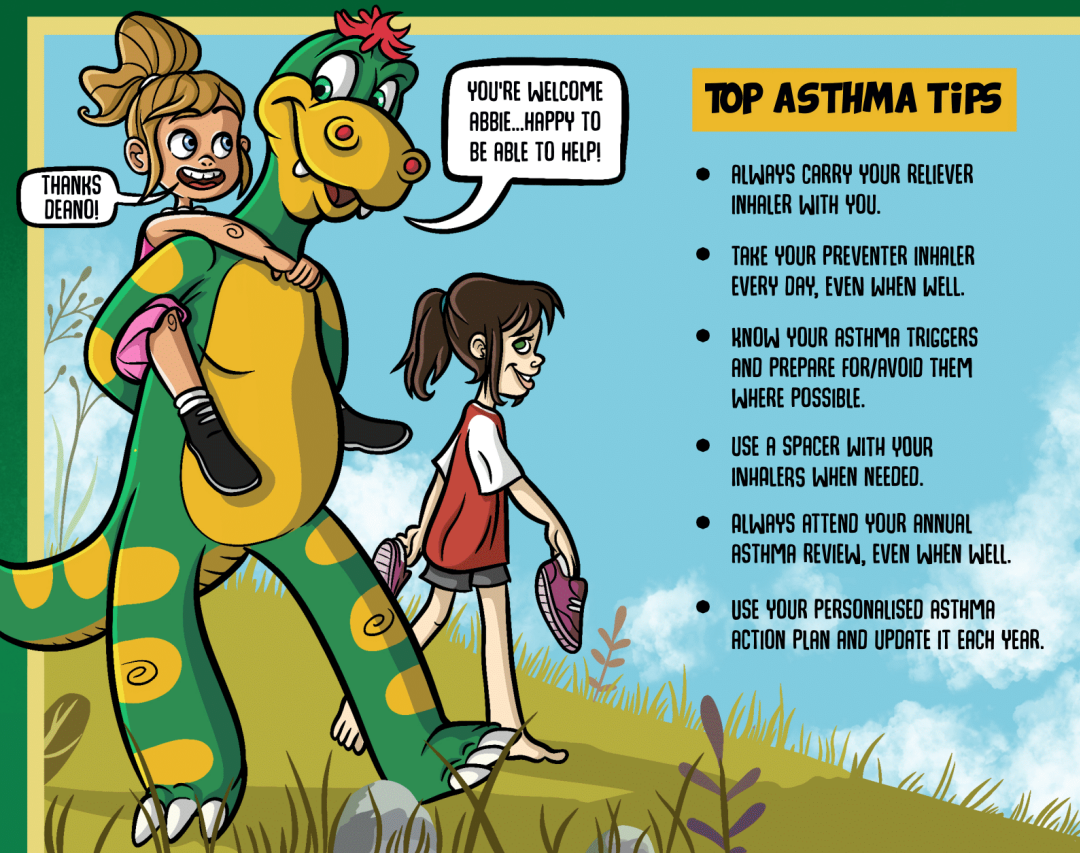


THE NURSE ALSO GAVE ME SOMETHING CALLED A 'SPACER'. WHAT DOES THIS DO DEANO?



A SPACER ATTACHES TO YOUR 'PRESS DOWN' INHALER AND MAKES IT EASIER TO GET THE MEDICINE TO WHERE IT IS NEEDED IN YOUR LUNGS. THE SPACER MEANS THAT LESS MEDICINE ENDS UP IN YOUR MOUTH AND THROAT WHERE IT CAN LEAD TO IRRITATION OR MILD INFECTIONS.





TOP ASTHMA TIPS

- ALWAYS CARRY YOUR RELIEVER INHALER WITH YOU.
- TAKE YOUR PREVENTER INHALER EVERY DAY, EVEN WHEN WELL.
- KNOW YOUR ASTHMA TRIGGERS AND PREPARE FOR/AVOID THEM WHERE POSSIBLE.
- USE A SPACER WITH YOUR INHALERS WHEN NEEDED.
- ALWAYS ATTEND YOUR ANNUAL ASTHMA REVIEW, EVEN WHEN WELL.
- USE YOUR PERSONALISED ASTHMA ACTION PLAN AND UPDATE IT EACH YEAR.



MEDWAY ASTHMA SELF-HELP (MASH) IS A SMALL CHARITY BASED IN GILLINGHAM, KENT. FOR OVER 20 YEARS, WE HAVE BEEN HELPING THE PEOPLE OF MEDWAY WITH INFORMATION AND SUPPORT FOR PEOPLE AND FAMILIES WITH ASTHMA.

ALL OF OUR SERVICES ARE FREE OF CHARGE AND OPEN TO ALL. GET IN TOUCH TO BOOK AN APPOINTMENT WITH OUR SPECIALIST ASTHMA NURSE - WE OFFER LUNG FUNCTION AND FeNO TESTING, ASTHMA AIRBORNE ALLERGY TESTING, AND ADVICE AND INFORMATION ON TREATMENT AND USING INHALERS.

IF YOU WOULD LIKE TO BOOK AN APPOINTMENT THEN PLEASE CALL US ON 01634 855844, EMAIL MEDWAYASTHMASELFHELP@BTCONNECT.COM, OR SEND A MESSAGE VIA SOCIAL MEDIA OR OUR WEBSITE: WWW.MEDWAYASTHMASELFHELP.CO.UK



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HM Government

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FUNDING FROM THE CORONAVIRUS COMMUNITY SUPPORT FUND,
DISTRIBUTED BY THE NATIONAL LOTTERY COMMUNITY FUND,
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