

# Manage Your Asthma Better

There are lots of things you can do to help manage your asthma symptoms and reduce your risk of an asthma attack. Here is a list of practical advice:

- Take your medication regularly as prescribed. If you've been given a preventer inhaler, take it every day as prescribed (usually morning and evening but this will vary according to the device and the individual). Even if you have no asthma symptoms at all and feel well, you still need to take your preventer inhaler every day to help you stay well.
- Always carry your reliever inhaler.
- If you use a written asthma action plan you're four times less likely to have an attack that requires emergency hospital treatment. Fill your action plan in with your GP or asthma nurse. It will tell you what medicines to take and when, how to recognise when your asthma symptoms change and what to do to get your asthma back on track.
- Go for regular asthma reviews. Everyone with asthma should have an asthma review with their GP or asthma nurse at least once a year (every six months for children). This is a good opportunity to check with your GP or asthma nurse that you're taking the right medication and the correct dose. It's also a chance to discuss your triggers, lifestyle and any other factors that may affect your asthma, such as hayfever.
- Keep a peak flow diary (if you have been advised to use one). Some people find it helpful to use a peak flow meter to record their peak flow scores. Once you know what your own best peak flow score is you can spot when it drops and recognise when your asthma is getting worse.
- Avoid your triggers whenever possible. Wearing a scarf over your face may help on cold days.
- See your chemist if you have ongoing nasal secretions, these can make asthma worse.
- Recognise your risk of an asthma attack and make any changes you can to cut that risk.
- Stop smoking. If you have asthma and you smoke, or spend time with anyone who's smoking, you put yourself at risk of more asthma symptoms or even an asthma attack. Find out more about smoking and asthma here.
- If you have any questions about how you can manage your asthma better, speak to your GP, asthma nurse or pharmacist. You can also call the Asthma UK Helpline on 0300 222 5800 (Mon – Fri; 9am – 5pm) for support and advice from our asthma nurse specialists.

<https://www.asthma.org.uk/advice/>

- Use the asthma risk checker: <https://www.asthma.org.uk/advice/manage-your-asthma/risk/checker/>