Asthma: Breathe all about it!

**What is Asthma?**

Asthma is a condition involving inflamed/narrow airways that cause wheezing, shortness of breath and coughing.

**What can trigger my asthma?**

- Ash, dust, pollen
- Animal fur/dander
- Cold temperatures
- Cigarette smoke
- Allergies
- Strong chemical scents
- Mold
- Certain foods
- Having a strong family history of asthma

**General tips for LIVING with ASTHMA**

- Know your asthma triggers and avoid them!
- Know your medications. Know when and how to take them
- Try to maintain a good level of fitness. A proper exercise regime can be prescribed to you by your physiotherapist

**How can a PHYSIOTHERAPIST help?**

Physiotherapists can help by:

- Education on the condition
- Exercises can be prescribed to:
  - Reduce shortness of breath
  - Control the rate of your breathing
  - Improve your ability to get rid of excess mucous

*Exercises are prescribed to you based on an assessment of your symptoms and complaints. If you are an asthmatic, please see your doctor and physiotherapist BEFORE starting any exercise programme!*

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