



IMPORTANT ASTHMA INFORMATION FOR TEENAGERS

Whilst parents and family are there to help, teenagers should be aware that they too can successfully and responsibly manage their own asthma. Tips to help teenagers manage their asthma include:-

- 1.** Remind them to always carry a blue reliever puffer with them and use when asthma symptoms occur.
- 2.** To educate their family and friends about their asthma, and how to deal with an emergency.
- 3.** Reminding them that having asthma doesn't make them different from others and encourage them to participate in sport and social events.
- 4.** Understanding what triggers their asthma and avoid exposure where possible.
- 5.** To avoid smoking and smoky areas.
- 6.** To use their reliever medication before exercise, this includes dancing, according to their doctors recommendations.
- 7.** To work with their doctor to formulate a written Asthma Action Plan and have it reviewed every six months or more often if they have a severe attack.
- 8.** Include them in all discussions and the decision-making process about the management and monitoring of their asthma.
- 9.** Many teenagers rely on their reliever medication rather than continuing to take preventer medications. Remind them that this can be dangerous and that preventer medications, if prescribed, are important as they help stop the inflammation inside the airways.
- 10.** If they are reluctant to take their medications, encourage them to monitor their asthma with a peak flow meter and to adjust their medications according to their Asthma Action Plan.

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