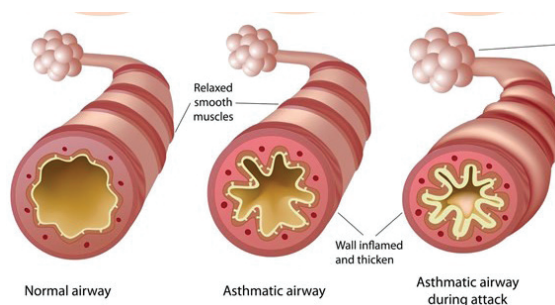


Asthma

What is Asthma?

Asthma is a chronic long-term disease with airway inflammation. Occasionally, asthma symptoms can get gradually or suddenly worse. This is known as an “asthma attack”. In an asthma attack, the airways become more inflamed, swollen and as a result, the airways tighten. This usually happens as a response to an irritant or trigger. Because of the “airway tightening”, you will experience wheezing (a whistling sound when you breathe out), persistent coughing, chest tightness and shortness of breath. These asthma symptoms are worse especially in the early morning or at night.



Common Trigger Factors

- Dust, haze, cigarette smoke
- The common cold
- Chemical smell (paint fumes, perfumes)
- Certain medications (NSAID painkillers, etc)
- Animal dander (fur, skin of cats/ dogs)
- Exercise (in some people)

Signs and Symptoms

- Cough with or without phlegm
- Wheezing with chest tightness
- Feeling short of breath

***Symptoms are often worse at night or in the early morning.**

Management of Asthma

For most people, treatments are effective and should enable you to keep your asthma under control.

Type of Asthma Inhalers

Controller

- Take regularly even when you are feeling well
- Helps to reduce airway inflammation
- Control symptoms
- Reduces the risk of asthma attacks in the future

Reliever

- Use only when necessary (not more than 10 puffs per day)

Use of Inhalers

It is important to use the inhaler correctly to ensure sufficient medication is delivered into the lungs. Your inhaler technique should be assessed by a nurse/doctor to ensure correct delivery of asthma medicine into your lungs. Incorrect use of your inhaler leads to poor asthma control and future asthma attacks.

***A spacer may be required if your technique is inadequate to ensure good medication delivery into the lungs.**

Important Points to Note After Your Asthma Attack

If you were admitted to hospital for an asthma attack, you may find your symptoms, such as cough, persist for several days or weeks after. This is not uncommon.

- Complete your medications as given upon discharge.
- Cough can last **up to 8 weeks**.
- Take your asthma medication as prescribed to keep your asthma under control.
- Avoid exposure to trigger factors.
- Come for your outpatient appointment as schedule to check on your asthma control and adjustment of your inhaler doses.

Examples of Asthma Inhalers

Controller



Symbicort



Seretide

Reliever



Ventolin

Contact Us

If you are unsure or have questions about your condition, action plan or medications, please call:

Alexandra Hospital's Virtual Care Centre (VCC)

Call: +65 8181 3288

Operating Hours: 9:00am – 5.30pm

(Mondays – Fridays, excluding Public Holidays)

This is a medical helpline staffed by our Care Team, who will be able to advise and link you up with healthcare services based on your care needs after discharge. However, if you are very unwell, please do seek immediate medical attention by calling an ambulance if required.

Alexandra Hospital

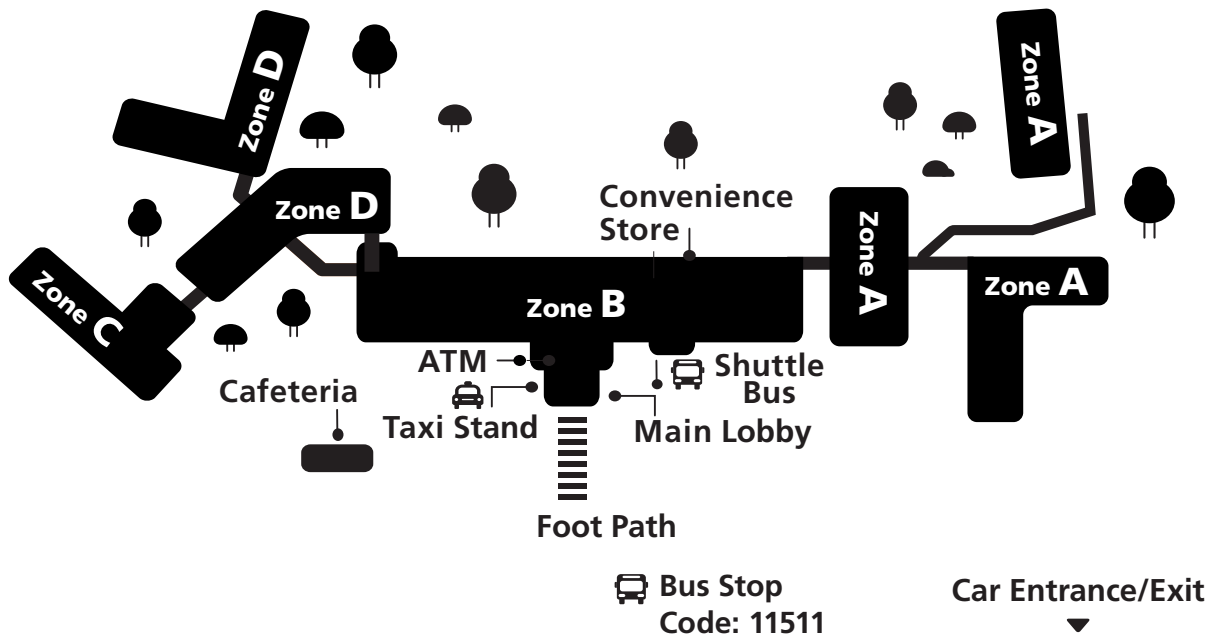
378 Alexandra Road, Singapore 159964

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

www.ah.com.sg



<https://for.sg/9ce2eu>

Scan the QR code to see the full directory of facilities!

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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Information is correct at time of printing Dec 2023 and subject to revision without prior notice.