

# HOW'S YOUR ASTHMA

## **When should you have a review ?**

- Every year if your symptoms are well controlled or more often if your symptoms are difficult to control
- A month or so after your asthma medicines are changed to new medicine, or if your normal medicine has been increased or decreased
- One to two weeks after a serious attack, to make sure that your symptoms are back under control
- If your personal asthma action plan is not helping you to get back in control of your symptoms

Some people may have their asthma reviewed more often if it is difficult to control.

## **What will happen at an asthma review ?**

During a review you should expect to be asked the following three questions:

- Have you had difficulty sleeping because of your asthma symptoms (including cough) ?
- Have you had your usual asthma symptoms during the day (cough, wheeze, chest tightness or breathlessness) ?
- Has your asthma interfered with your usual activities (e.g. housework or work) ?

This will help your doctor or nurse to find out if your asthma is under control.

## **How can I recognise if my asthma is getting worse ?**

If your symptoms are getting worse you may recognise some or all of the following:

- Needing more and more reliever treatment
- Waking at night with coughing, wheezing, shortness of breath or a tight chest
- Having to take time off work because of your asthma
- Feeling that you cannot keep up with your normal level of activity or exercise

If you have any of these symptoms, arrange a review or more urgent consultation, which will help you to get your asthma back under control.

The Practice advises that patients with asthma should attend annually for review, or more frequently if your symptoms apply.

