



Scottish  
Respiratory  
Pharmacy

Special Interest Group

# Take Control of your Asthma

If you need to use your reliever inhaler (usually blue) three or more times a week or have used three or more reliever inhalers per year it may be a sign that your asthma is poorly controlled. This may mean that you are at a higher risk of having an asthma attack.



## What is Asthma Control?

The goal of asthma treatment is to have no symptoms. Asthma should not limit your activity.

Good asthma control means:

- No need for reliever medication
- No sleep disturbance from asthma symptoms or when you wake up
- No restriction of day-to-day activities
- No days off school or work due to asthma
- No asthma attacks or flare ups.

## Preventer Treatment

You should use your preventer (treatment) inhaler every day, following the instructions you have been given. You should do this even when you feel well – this means your preventer is working, so keep going! Taking a preventer is important to control any inflammation and swelling in your lungs and will reduce your risk of an asthma attack.

## What can I do to Control my Asthma?

Take your inhalers as prescribed



## Reliever Treatment

Should be taken when you are experiencing asthma symptoms such as wheeze, cough, chest tightness or shortness of breath. Reliever inhalers open your airways temporarily; however they do not treat the underlying airway swelling and inflammation which leads to asthma symptoms and asthma attacks.

- If you are still experiencing symptoms even though you are using your preventer treatment regularly, make an urgent appointment for a review
- Follow your asthma action plan, which tells you what to do when your symptoms are getting worse
- Check that you are using your inhaler correctly to ensure that the medicine goes straight to your lungs where it is needed. For information on different inhalers and how to use these please visit [Asthma + Lung UK](https://asthmaandlung.org.uk) ([asthmaandlung.org.uk](https://asthmaandlung.org.uk)) or scan the QR code below

