



ANTI - ALLERGY MEDICATION

These are prescribed to those patients that primarily suffer from allergy induced Asthma and cannot take any proactive steps to avoid their allergens.

A FOR ASTER

Our specialist care helps you manage Asthma better.

ASTHMA

DO'S AND DON'T'S

If your Asthma is getting worse, get in touch with your doctor.

DO

- Do avoid triggers as much as possible.
- Do get support from people around you and support those with Asthma.
- Do stay active. Exercise can improve your lung functioning and overall health.
- Do eat healthy and nutritious food.
- Do educate yourself about symptoms so that you can take quick action
- Do take your medication on time as per your doctor's advice.

- Do stay calm during an attack. Follow the instructions given by your doctor.
- Do take your controlled medication & Keep rescue medication readily available

DON'T

- Don't keep your windows open during sandstorms or allergy seasons.
- Don't have cold drinks during the viral season.
- Don't be around smoke and other triggers. If you do not have Asthma, make sure that you don't smoke around those who do.
- Don't keep pets in un-hygienic way

Even those living with Asthma can: Play to their heart's content. Move as much as they want to. Climb to new heights Live Better.

LET ASTHMA NOT LIMIT YOU.



PLEASE SCAN FOR THE LOCATION



Mankhool, Kuwait Road, Al Mankhool - Dubai

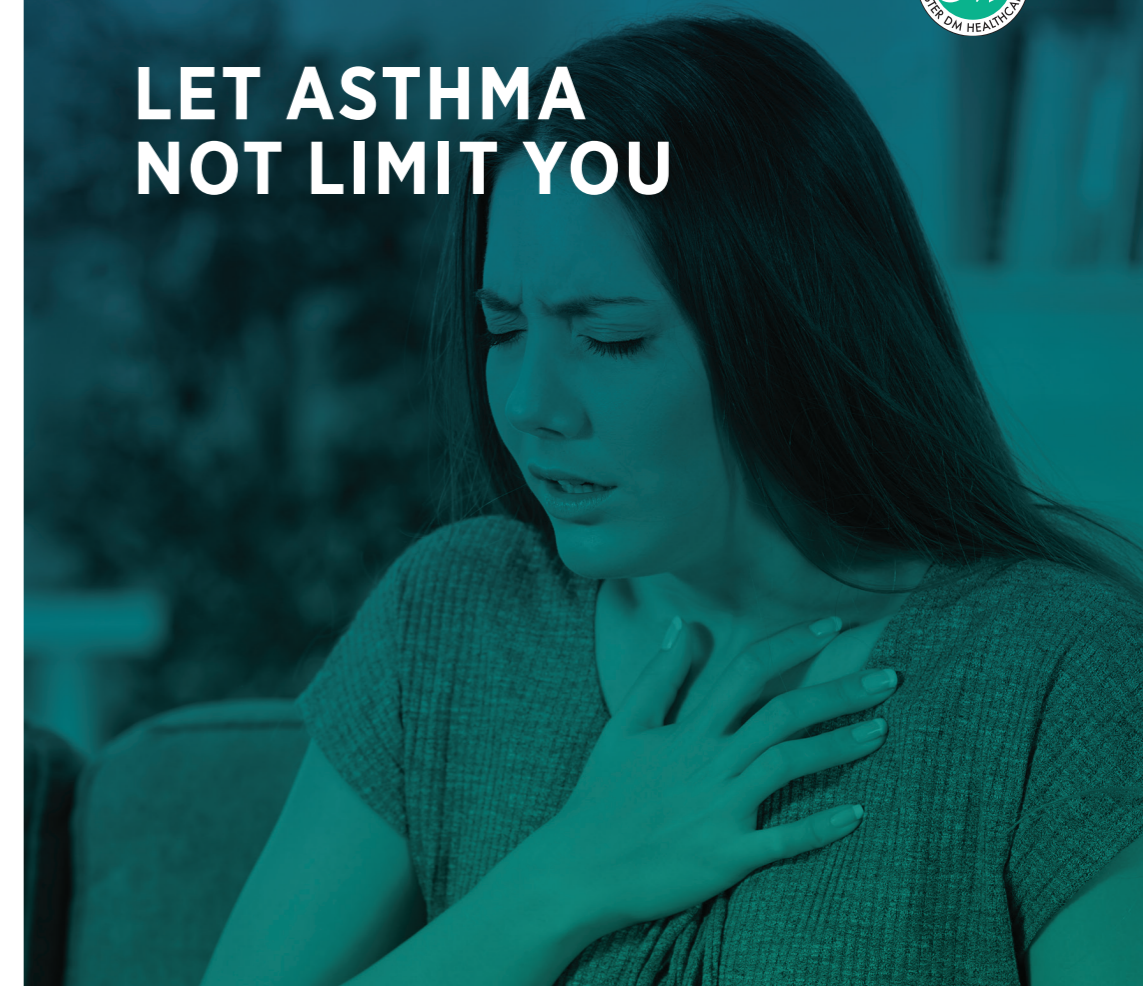
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DEPARTMENTS

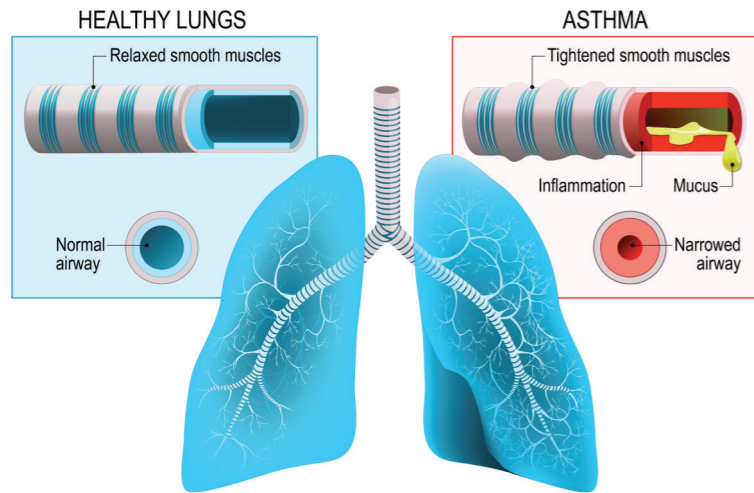
- Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition
 Dental Centre • Dermatology • ENT • General Surgery • Insurance
 Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology
 Obstetrics & Gynaecology • Orthopedics • Patient Affairs



LET ASTHMA NOT LIMIT YOU



Digital Version



- Over 300 Million people around the world are diagnosed with Asthma.
- It is the most common chronic disease during Childhood.
- Asthma as a condition leads to more school absences & hospitalizations than other chronic disorders.
- Asthma is often under-diagnosed & under-treated leading to lifetime difficulties for families & individuals alike.

A FOR ASTHMA

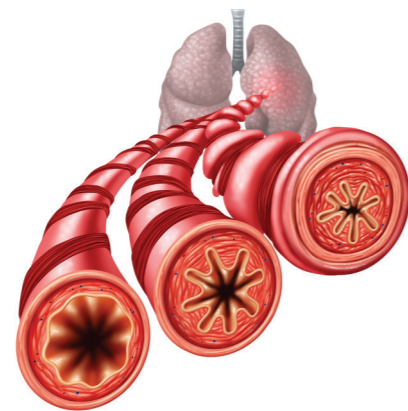
Asthma, known to start early, need not limit one from living a complete life if managed properly.

WHAT IS ASTHMA?

Asthma is a chronic respiratory condition that causes difficulty in breathing. Although it is an incurable condition, with proper treatment & lifestyle changes it can be managed well.

ASTHMA ATTACK

Asthma attacks are temporary & occur due to various stimuli including allergens,



fine dust particles & so forth. Then lining of the bronchial tubes swell during Ann Asthma attack, narrowing the airways & restricting air flow in & out of the lungs.

S FOR SYMPTOMS

Asthma symptoms can occur several times in a day or week. They can become worse at night or during times of excessive physical activity.

COUGHING is the most common symptom and is generally accompanied

by wheezing.

WHEEZING a high-pitched whistling sound, is the result of narrowed airways that restrict airflow.

BREATHING difficulties such as shortness of breath.

TIGHTNESS in the chest

REDUCTION in physical activity and the inability to speak

T FOR TRIGGERS

A large increase in the number of vehicles one the road leads to pollution.

ASTHMA TRIGGERS ARE ALL AROUND US

FUMES - Fumes caused by cooking or woodfire are lesser known triggers of Asthma. Small particles emitted while cooking can make their way into the respiratory air passages.

POLLUTION - Emissions from vehicles including oxides of nitrogen, carbon monoxide, un-burnt hydrocarbons and particulate matter cause allergic reactions that trigger Asthma attacks.

DUST - Fine dust particles are dangerous triggers for those who have asthma. Outside, dust forms as a result of construction and fine particles in the sand. Inside, dust constantly circulates within the air conditioning system. Pollen emission.

PET DANDER IS PRODUCED BY ALL FURRY OR FEATHERED ANIMALS AND CAN PUT ASTHMATICS AT RISK IF NOT REMOVED.

Even skin flakes, saliva and other fine animal particles act as triggers. If you or any of your family are diagnosed with Asthma, we recommend avoiding pets.

Allergens - They cause adverse reactions in the lungs and airways, resulting in an

attack.

Infections - Upper respiratory infections such as viral flu and colds can cause inflammation in the lungs.

H FOR HEALING

Choice of food plays a crucial part in managing Asthma

WAYS TO KEEP ASTHMA UNDER CONTROL

WEIGHT LOSS

Weight loss is linked to improved breath functioning and a reduction in Asthma symptoms.

PROPER DIET

Studies suggest that processed and junk food may exacerbate Asthma symptoms, where as fresh food such as fruits and vegetables can be beneficial.

STAY ACTIVE

Under proper guidance and medication, it is possible to exercise and stay active. Those with a higher fitness quotient have improved lung function and less chances of becoming breathless.

RELAX

Stress, anxiety and Asthma form a vicious circle. Remember to relax and take deep breaths whenever possible. Regular use of controlled medication as prescribed by physician

PAY ATTENTION TO TRIGGERS

OUTDOOR TRIGGERS

While it is nearly impossible to avoid outdoor triggers, steps can be taken to ensure the best outcome. On days when symptoms are particularly bad, it is advisable to wear a mask.



INDOOR TRIGGERS

As you are more in control of your indoor environment, you can keep dust to a minimum by cleaning regularly and getting your air conditioning professionally cleaned at least once a year.

M FOR MEDICATIONS

Carry your Rescue inhaler with you always.

ASTHMA INHALERS: WHEN SHOULD YOU USE THEM?

Asthma inhalers either treat sudden symptoms or reduce the inflammation in your airways over time – allowing you to breathe easy. You need to ensure that you are using it in a timely manner, as advised by your doctor. Controlled & Rescues combo inhaler Biological Therapies

CONTROL INHALER: FOR DAILY USE

Doctors prescribe control inhalers to regulate inflammation over the long-term and prevent attacks. Even if you aren't having symptoms, it's essential to follow your doctor's routine. The medication can take anywhere between 2-4 weeks to start showing results.

RESCUE INHALER: FOR QUICK RELIEF

Rescue inhalers need to be used during or before an attack.

It has to be kept with you at all times.

It can be used as a preventative measure around unexpected triggers or before strenuous activities.

If you're using this inhaler more than two times a week or two nights a month, be in touch with your doctor for a long-term treatment option.