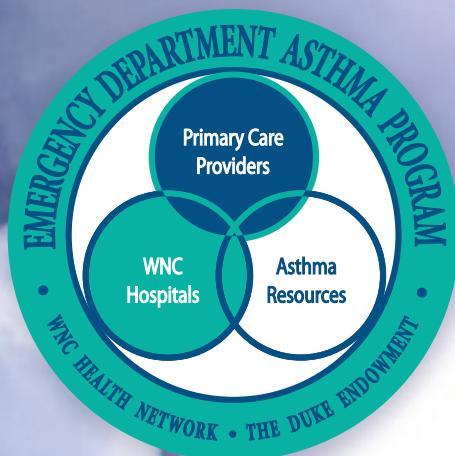


A GRANT FUNDED PROGRAM BY:

**The DUKE ENDOWMENT
&
The WESTERN
NORTH CAROLINA
HEALTH NETWORK**

501 Biltmore Avenue
Asheville, NC 28801
Phone (828) 771-4219
Fax (828) 257-2984



PARTICIPATING HOSPITALS

Angel Medical Center
Cherokee Indian Hospital
Harris Regional Hospital
Haywood Regional Medical
Margaret R. Pardee Hospital
McDowell Hospital
Park Ridge Hospital
Swain County Hospital
Spruce Pine Community Hospital
Transylvania Community Hospital

**Contact Your Doctor And Return To
The Emergency Department IMMEDIATELY
If You Have More TROUBLE BREATHING.
If You Have Questions About Your Medication
CALL: (828)**

	SPECIAL INSTRUCTIONS	SPECIAL INSTRUCTIONS
HOW MUCH HOW OFTEN	_____	_____
CONTROLLER MEDICATION	_____	_____
RESCUE-INHALER MEDICATION	_____	_____
PROVENTIL ALBUTEROL	_____	_____

**Emergency Department
Asthma Program (EDAP)**

*Delivering a Higher
Standard of Asthma Care*



WHAT IS ASTHMA?

Asthma is an illness that causes swelling and tightening of the bronchial tubes. You can have symptoms ranging from a feeling of mild throat irritation, to obvious coughing or wheezing, to severe shortness of breath.

USING INHALERS TO TREAT ASTHMA

Asthma may be treated with two types of inhalers.

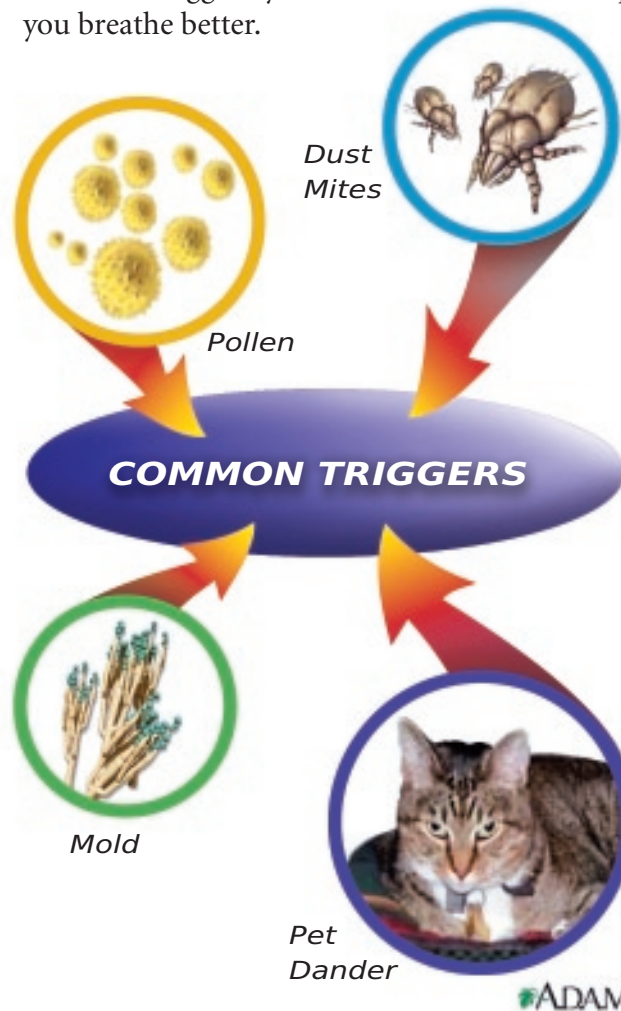
One type of inhaler relaxes tight air tubes to “Rescue” you from an attack of wheezing. This type of inhaler is called a “Rescue Inhaler”. Some of the medication names associated with a rescue inhaler are: **Albuterol, Proventil, Ventolin, Maxair or Xopenex**. Rescue inhalers work fast and contain medicine to relax muscles that are causing tightness in your bronchial tubes.

The second type of inhaler reduces swelling and is called a “Controller”. Even when a person with asthma has no coughing or chest tightness, there is still always a problem with swelling of the bronchial tubes. “Controller” medications are used every day, even when you have no symptoms. This helps prevent coughing, chest tightness and shortness of breath. A person with asthma who uses a “rescue inhaler” more than twice a week should start a controller medication every day to prevent worsening of your asthma.

“Controller” medications also may prevent scarring of the air tubes that can cause shortness of breath. Some of the “controller” medicine names are: **Asmanex, Advair, Beclomethasone, Budesonide, Flovent, Fluticasone, Mometasone, Pulmicort and Qvar**.

KNOW YOUR TRIGGERS

Everyone has “Triggers” which cause asthma to get worse. It is important to know what triggers your asthma. For some people it is cold air and for others, dust or pet hair. You and your doctor will need to work closely together to find out what triggers your asthma. This will help you breathe better.



ASTHMA ACTION PLAN

An “action plan” (or “emergency plan”) is a very important set of steps worked out by you and your doctor to help prevent your asthma from becoming worse. You can use a peak flow meter to measure the “tightness” of your airtubes. This helps you manage your own medications as directed by your “rescue plan”. A “rescue plan” helps you to control your asthma instead of your asthma controlling you!

Call Your Doctor To Let Them Know You Have Had A Breathing Problem And Have Been To The Emergency Department.

Patient’s Primary Care Contact:

Dr. _____ at _____

Work together with your doctor to control your asthma. You will feel better, spend less time in the hospital and will not miss as many days of school or work. You may also call the _____ at (828) ____ - ____ for further information. There is an Asthma Support Group available in your area.

Contact Your Doctor And Return To The Emergency Department Immediately If You Have More Trouble Breathing.