

## Hey there! May is Asthma Awareness Month!

This month we would like to talk about something that affects many of us: Asthma. With spring in full swing, you may notice some changes.

### What is asthma?

Asthma is a breathing condition that can make it hard to breathe. With asthma airways can get swollen and narrow making it difficult to get air into our lungs.

### Stay active and stay healthy!

Having asthma does not mean you can't be active. Regular exercise can improve your lung function and overall health!

### Empower Yourself

Please take this opportunity to learn more about your asthma. Grow your support system, join an asthma community, and talk with your friends and family about your asthma. Empower yourself because an empowered you is a better you!

## Signs and Symptoms of Asthma



Coughing



Wheezing



Chest  
Tightness



Shortness of  
Breath



**May Is National  
Asthma and Allergy  
Awareness Month**

 **Conversio**  
HEALTH

*Many people of all ages  
are living with asthma.*

*You are not defined by  
your asthma.*

*You are not alone.*

*We are here to  
support you.*

*Know your triggers so you can breathe easier.*

### Learn your Triggers

- Dust
- Pollen
- Mold
- Smoke
- Exercise
- Stress



*Follow your plan to keep your symptoms under control.*

### Treatment Plan

- Learn about your medications
- Know when and how to take your medications
- If your asthma symptoms are not under control, ask your doctor about other treatment plans



### Air Quality

- Reduce time outside when the air quality is bad
- Plan outdoor activities for the morning or evening
- Monitor the air quality with the Conversio Health app



*Ozone (smog) and particles (haze, dust & smoke) affect air quality.*

### Exercise

- Exercise away from roads or highways
- Use inhalers before exercising
- Try aerobic exercises like walking and swimming
- Gardening and chair aerobics are great too



*Make sure to warm up and cool down when you exercise.*

### Asthma Action Plan

- Learn about your symptoms
- We attached an asthma action plan from the American Lung Association



Do you have any questions for our care team?



**Call Conversio Health at:**  
866-239-3784  
Hours of Operations:  
6:00 am to 5:00 pm Pacific Time

Scan the QR code to download the Conversio Health app.





# How to Use a Metered-Dose Inhaler with a Valved Holding Chamber (Spacer)

**Prime a brand-new inhaler:** Before using it for the first time, if you have not used it for more than 7 days, or if it has been dropped.



1. Shake inhaler 10 seconds.



2. Take the cap off the inhaler and valved holding chamber. Make sure the mouthpiece and valved holding chamber are clean and there is nothing inside the mouthpieces.



3. Put inhaler into the chamber/spacer.



4. Breathe out away from the device.



5. Put chamber mouthpiece in mouth.



6. Press inhaler once and breathe in deep and steadily.



7. Hold your breath for 10 seconds, then breathe out slowly.

If you need another puff of medicine, wait 1 minute and repeat steps 4-7.



8. Rinse with water and spit it out.

Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. Make sure to bring all your medicines and devices to each visit with your primary care provider or pharmacist to check for correct use, or if you have trouble using them.

For more videos, handouts, tutorials and resources, visit [Lung.org](https://www.lung.org).

Scan the QR Code to access How-To Videos



You can also connect with a respiratory therapist for one-on-one, free support from the American Lung Association's Lung HelpLine at **1-800-LUNGUSA**.