

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.



Provider: _____ Clinic: _____



My Asthma Action Plan

Name: _____ DOB: ____ / ____ / ____

Severity Classification: Intermittent Mild Persistent Moderate Persistent Severe Persistent

Asthma Triggers (list): _____

Peak Flow Meter Personal Best: _____

Green Zone: Doing Well

Symptoms: Breathing is good – No cough or wheeze – Can work and play – Sleeps well at night

Peak Flow Meter _____ (more than 80% of personal best)

Flu Vaccine—Date received: _____ Next flu vaccine due: _____ COVID19 vaccine—Date received: _____

Control Medicine(s)	Medicine	How much to take	When and how often to take it
_____	_____	_____	_____
_____	_____	_____	_____

Physical Activity

- Use Albuterol/Levalbuterol _____ puffs, 15 minutes before activity
 with all activity when you feel you need it

Yellow Zone: Caution

Symptoms: Some problems breathing – Cough, wheeze, or tight chest – Problems working or playing – Wake at night

Peak Flow Meter _____ to _____ (between 50% and 79% of personal best)

Quick-relief Medicine(s) Albuterol/Levalbuterol _____ puffs, every 20 minutes for up to 4 hours as needed

Control Medicine(s) Continue Green Zone medicines

Add _____ Change to _____

You should feel better within 20-60 minutes of the quick-relief treatment. If you are getting worse or are in the Yellow Zone for more than 24 hours, THEN follow the instructions in the RED ZONE and call the doctor right away!

Red Zone: Get Help Now!

Symptoms: Lots of problems breathing – Cannot work or play – Getting worse instead of better – Medicine is not helping

Peak Flow Meter _____ (less than 50% of personal best)

Take Quick-relief Medicine NOW! Albuterol/Levalbuterol _____ puffs, _____ (how frequently)

Call 911 immediately if the following danger signs are present:

- Trouble walking/talking due to shortness of breath
- Lips or fingernails are blue
- Still in the Red Zone after 15 minutes

Emergency Contact Name _____ Phone (_____) _____ - _____

Date: ____ / ____ / ____

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**.