

Asthma

Coping and managing

As you grow and develop as a young adult new opportunities and challenges come up every day. But what if you also have a life long condition, such as asthma, and are stepping out into the world for the first time on your own?

If you are travelling, staying with friends or moving out make sure you are prepared (see opposite page).

From friends, family, partner, people at school or college there will always be certain people that you may feel awkward or nervous talking to you about your asthma. It's your choice about who you choose to tell. Feelings of stress or anxiety can be a trigger for your asthma. Study can be stressful especially around exam time. If you find it brings on your asthma speak to your GP/Practice Nurse and the Welfare Officer at your school, college or uni to see what they can do to support you.

Everybody with asthma is different, and everybody deals with asthma differently. For most people, asthma shouldn't stop you enjoying everything in life, including relationships.

Taking your medications as directed will help prevent long-term health problems. Always carry your relevant inhaler.

Things you may be asked

Have a think about the sorts of things people might ask you. For example:

- What are your asthma symptoms? Everyone has different symptoms. For example, not everyone wheezes when they have an asthma attack.
- What are your asthma triggers?
- What are your asthma medicines and where do you keep them?
- What they should do when you have an asthma attack? You might like to give them an asthma attack card to keep.
- What it feels like to have asthma? Not everyone relates to hard facts so you could make it personal to you. Then you may find that people understand a lot better.

Do you have your asthma action plan?

If you use an asthma management plan you are four times less likely to have an attack that requires emergency hospital treatment. Fill this in with your GP or Practice Nurse. It will help you to know what medicine to take and when, how to recognise when your asthma symptoms change and what to do when this happens.

Who can help?

- GP
- School Nurse

Contact

- www.asthma.org.uk