

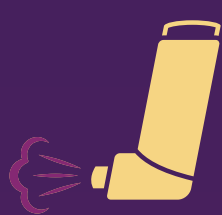
Managing your child's asthma with Philips

Did you know that **14% of the world's children experience asthma symptoms?**¹ An asthma diagnosis can be unnerving, but if it's well managed your child can do all the things they love to do. To help you understand more about asthma and how you can help your child stay in control, follow these six simple steps:



1 | Asthma is best managed with medication

Although there's no cure for asthma, there are medicines that will help to relieve symptoms and cut the risk of an attack. The treatment package your child is prescribed may include:



Reliever inhalers

Short acting to provide on the spot relief for wheezing and shortness of breath by widening the airways



Controller inhalers

Reduce the swelling and inflammation in the airways

Combination inhalers

Contain both a long-acting relief and a preventer medicine



Mucolytics

Medications which help make mucus thinner and therefore easier to clear



Spacers

A tube-like accessory that extends the mouthpiece of the inhaler and directs the medication towards your mouth, helping deliver medication to your lungs where it is needed

Antibiotics

Prescribed as a last resort to treat or control persistent infection



2 | Know how to use your device

Teach your child how to use their device correctly



90%

of patients have an **incorrect inhaler technique** which limits the effectiveness of their medication²

The prescribed medicines won't work unless they are taken in the right dose, in the right way, every day. In fact, if the inhaler is not used properly, there could be adverse side effects

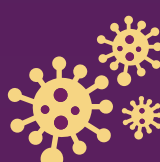


3 | Make symptom tracking fun

Symptoms can vary from child to child so tracking asthma symptoms is important



Encourage them to take control by either using a **small and convenient peak flow meter**, which monitors how well their lungs are working...



... or simply by using a **wall chart and stickers** – they'll learn to recognise possible triggers that make their asthma worse e.g. pollen, exercise, cigarette smoke or emotions like stress



4 | Stay active!



It's a common **misconception that asthmatic children shouldn't exercise**. Actually, as long as your child is managing their asthma well, regular exercise can help relieve symptoms, improve lung function and strengthen the immune system



5 | It's good to talk

Talk to your child about their condition regularly, and help put their mind at ease. A child who understands their asthma will:



Feel less frightened about the prospect of an asthma attack



Be able to communicate their asthma symptoms to others



Be more confident about living with their condition



6 | Create a healthy environment

Indoor air has a number of impurities so it's key to ensure that your home is clear of potential triggers:



Poor ventilation in homes could cause problems for those with respiratory issues. Where possible, open windows and let fresh air circulate – but pay close attention to outdoor pollution levels as this can trigger asthma symptoms



Check the maintenance of your air conditioning or heating system in place. Proper air flow, filtration and control of humidity will improve indoor air



If pet hair flares symptoms, keep animals off furniture. An air purifier in your child's room can also help to reduce allergens

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For further information on asthma, head to **Asthma.org.uk** or contact your local doctor for advice.

¹ Global Asthma Report findings, 2014 http://www.globalasthmareport.org/resources/Global_Asthma_Report_2014.pdf

² Bonds R.S. Misuse of medical devices among patients in a tertiary care Allergy/Immunology practice. Journal of Allergy and Clinical Immunology, 2017, 133(3) supplement: AB156.