



LUNG CENTER OF THE PHILIPPINES

THE LCP ASTHMA CLUB

Patient education is an effective tool for helping patients gain the motivation and acquire the skill in controlling a chronic condition such as asthma.

In its efforts to ease the burden of asthma care through asthma education and assistance, the Lung Center established a support group program named the Asthma Club designed to educate asthmatics and their families and provide assistance in their needs.

Membership to the LCP Asthma Club requires only a minimal registration fee and attendance to a half-day seminar/workshop conducted on a pre-scheduled Saturday afternoon at the Lung Center. The seminar is conducted by the Education Committee and involves trained facilitators who lead small group discussions on what asthma is, what triggers asthma attacks and how to avoid or minimize them, how to monitor the course of the condition, what medications are useful in asthma, and how to cope with asthma episodes effectively.

For registration or any further inquiries, contact the Secretariat at 9246101 local 363 or 241.



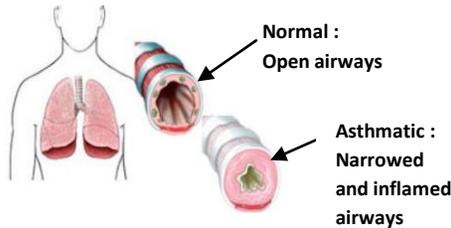
**Lung Center of the Philippines
Asthma Club
Out-Patient Department
Tel. No. 924-6101 Loc. 363**

YOU AND YOUR ASTHMA



What is Asthma?

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What is asthma?

Asthma is a common, life-long, chronic disease characterized by inflammation and narrowing of the airways. The narrowing does not occur all the time in mild asthma, but it happens more often as asthma gets more severe. It may also vary over short periods of time by itself or as a result of treatment.

Who gets asthma?

Asthma affects children and adults, and may develop at any age. It is the most common chronic disease in childhood.

What are the symptoms of asthma?

Common symptoms are coughing, wheezing (whistling in the chest), chest tightness, and shortness of breath. People often have more than one of these symptoms.

How is asthma diagnosed?

Only your doctor can decide if your breathing problems are due to asthma. Your doctor will:

- **Take a detailed medical history.** You will be asked questions about you and your family's medical histories and your breathing problems.
- **Do a physical examination.** This will include listening to your lungs.
- **Test your breathing capacity by using a spirometry.** Spirometry is a quick, simple breathing test that measures how much air you can blow out of your lungs.

Your doctor may order other tests such as a **chest x-ray** or even **allergy tests**.

Your doctor may also give you asthma medications to try, and if these make your symptoms go away, this may help to make the diagnosis of asthma.

How is asthma treated?

Asthma usually causes symptoms over a long period and cannot be cured. But asthma can be kept under control so that those affected are able to live normal lives enjoying full involvement in sport and all other activities.

Because asthma is a chronic disease, you must manage it at all times, even when you feel fine.

The most important goal for asthma management is effective control in order to enable you to lead a normal life.

For a normal life, the aim is to:

- Be completely free of any symptoms; i.e. cough, wheeze and breathlessness.
- Attend school regularly and participate fully in all school activities, including sports.
- Have restful sleep, free from night-time cough and/or wheeze.
- Minimize the number of attacks of asthma and avoid hospital admissions.

Yes, troublesome asthma can usually be controlled. But there is no magical instant cure. It takes time and effort to learn about asthma and to look after yourself.

The following points allow you to manage your asthma:

- Understand your treatment and use medication as prescribed.
- Understand the devices you use and when and how to use them.
- Have and use an action plan when symptoms change.
- Keep in touch with your doctor.

References :
Asthma Handbook, Canadian Lung Association
National asthma education programme at www.asthma.co.za
Palo alto med foundation at pamf.org/asthma