Asthma and Me

A guide for young people

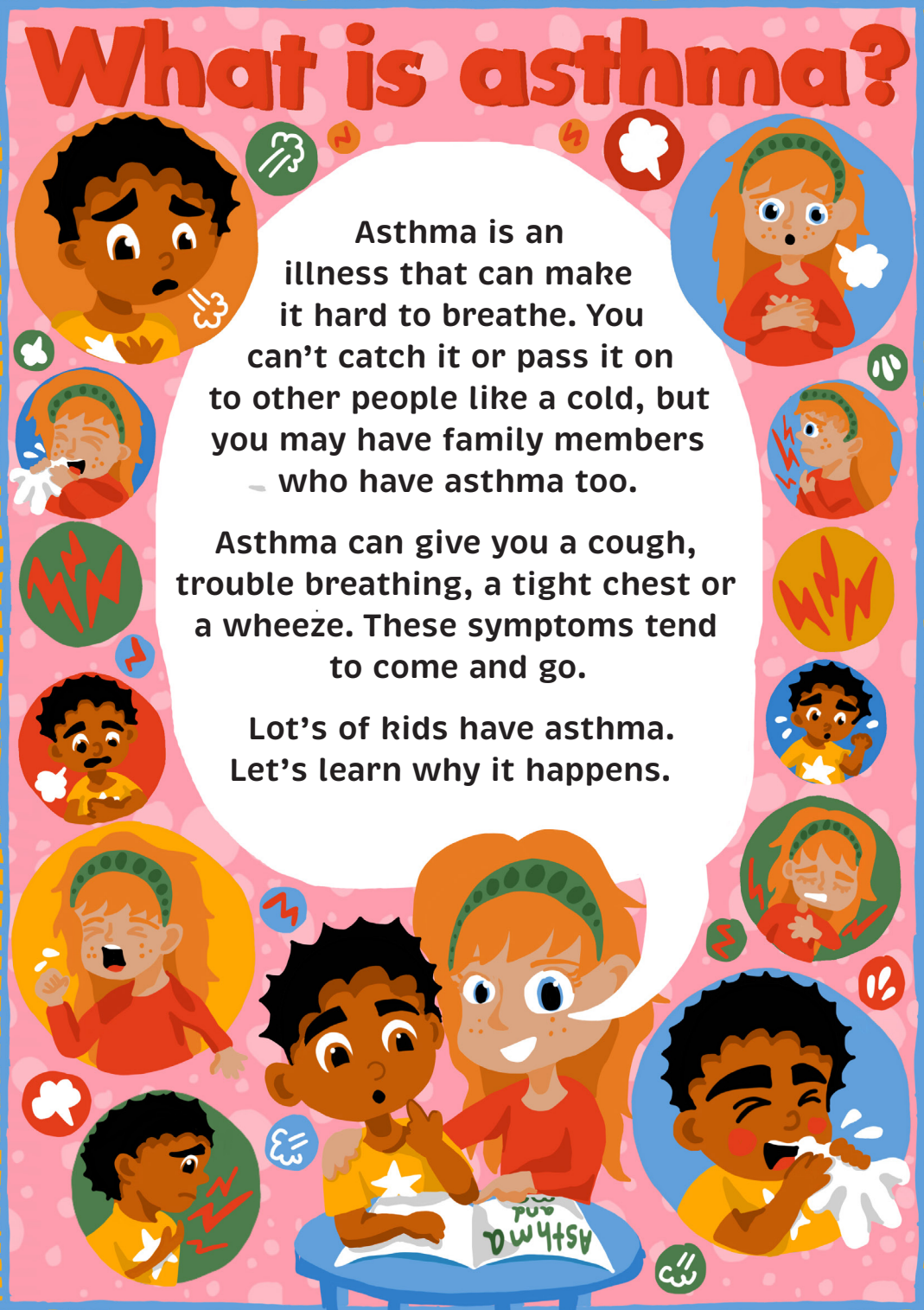
By Dr. J. A. Meyer

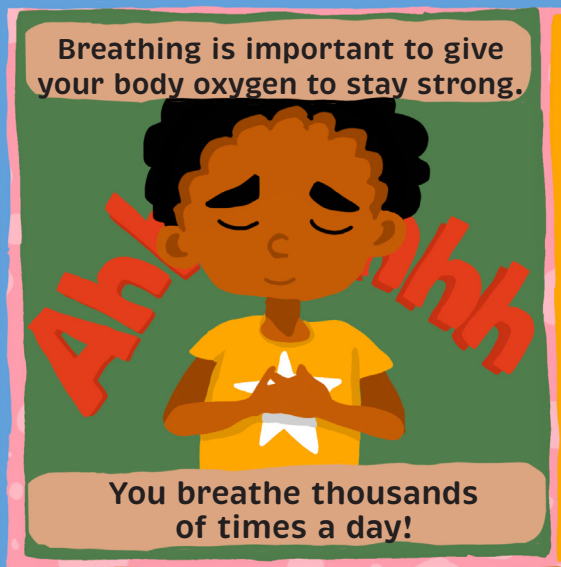
What is asthma?

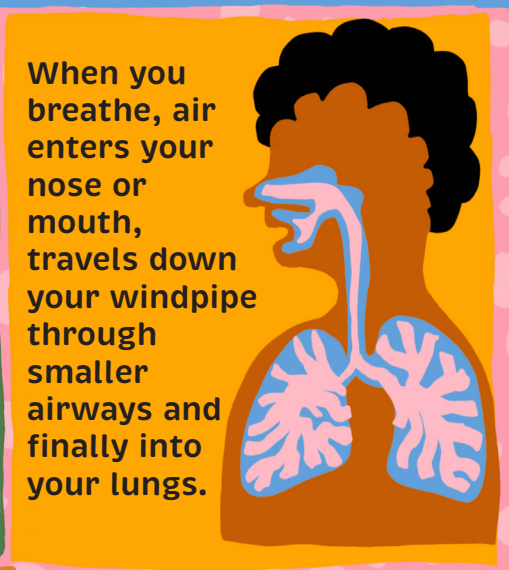
Asthma is an illness that can make it hard to breathe. You can't catch it or pass it on to other people like a cold, but you may have family members who have asthma too.

Asthma can give you a cough, trouble breathing, a tight chest or a wheeze. These symptoms tend to come and go.

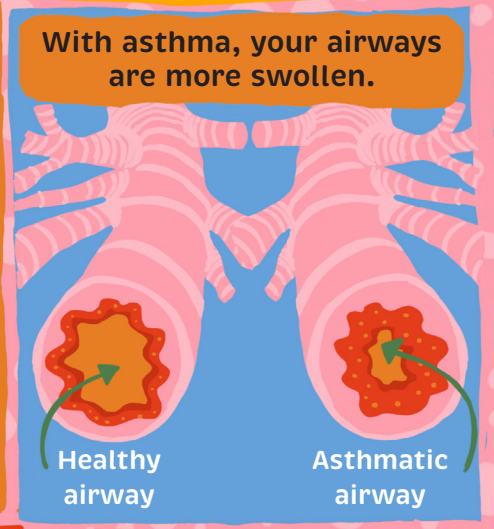
Lot's of kids have asthma. Let's learn why it happens.

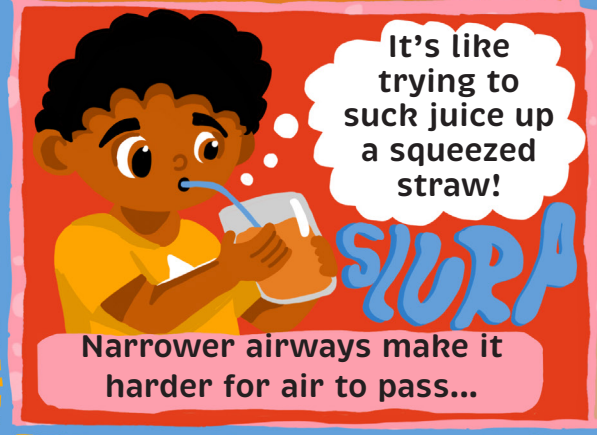



Breathing is important to give your body oxygen to stay strong.
Ah
hh
You breathe thousands of times a day!

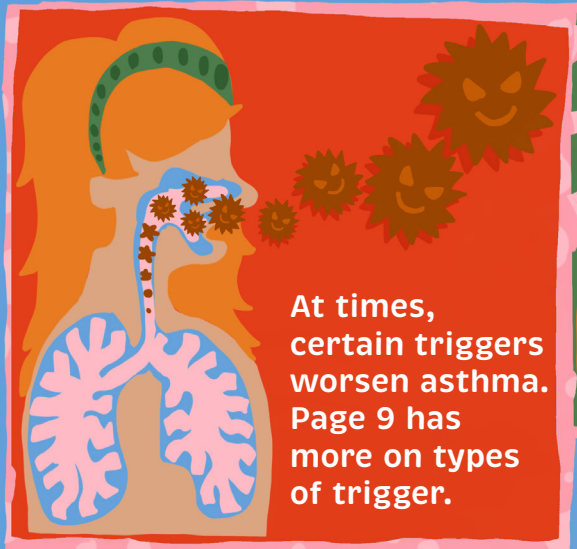

When you breathe, air enters your nose or mouth, travels down your windpipe through smaller airways and finally into your lungs.

Inhale
Exhale
In
Out
The opposite happens when you breathe out.


With asthma, your airways are more swollen.
Healthy airway
Asthmatic airway


It's like trying to suck juice up a squeezed straw!
SLURP
Narrower airways make it harder for air to pass...

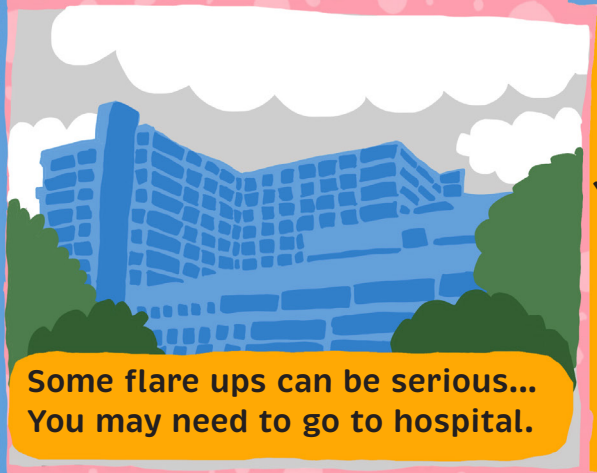
...This can make your chest tight and you feel breathless!
Harder... to... breathe!
HUFF PUFF


At times, certain triggers worsen asthma. Page 9 has more on types of trigger.

Triggers can cause muscles to tighten, making your airways even narrower.

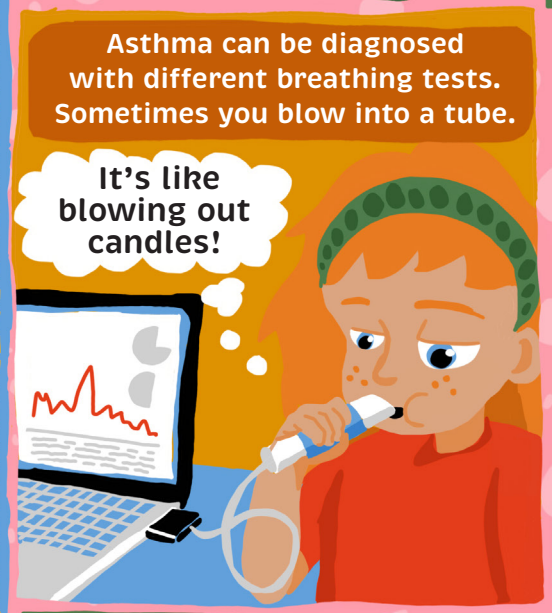
This can make it very hard to breathe.
It's called an asthma attack or asthma flare.

I feel normal between flare ups!
I tend to have mild symptoms that worsen in flares!
Everyone is different.

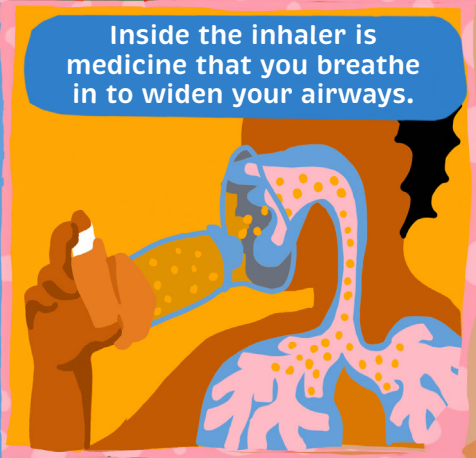

Some flare ups can be serious... You may need to go to hospital.

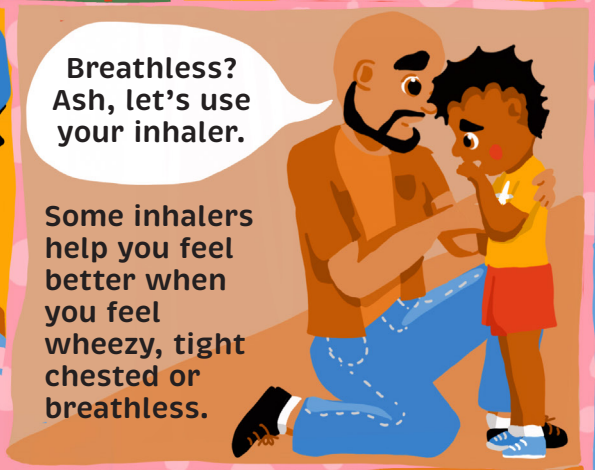
Your healthcare team will look after you!
Hello
Hiya

In hospital...



All about inhalers





Having asthma can be really hard at times. It's OK to feel angry, sad, or just not OK.
We are in this together!
I'm not alone!
Your loved ones are here.
Asthma often improves as you grow up.
People with well managed asthma are unstoppable!
This may be because your airways grow with you.
You've got this!

What are triggers?
Asthma flares are caused by triggers, different kids may have different triggers. Here are some examples.
Pollen
Cold air
Pet fur
Exercise
Mould
Strong smells
Infections
Tobacco
Strong emotions
Dust
Pollution
Pests
Cleaning products

Healthy hints

Triggers shouldn't set off your asthma if it's well controlled.

For example, don't let asthma stop you being active.

If it's stopping you from doing something, book in to see a healthcare professional to see how we can help.

Get an asthma action plan in place with your healthcare team!

It will include triggers, details in preventer and reliever medicines, current treatment, signs of worsening asthma, emergency treatment, when to seek help and how to manage air pollution indoors and outdoors.

Schedule an asthma review every year, and after every attack.

This ensures your asthma is properly managed. Make sure you are happy with how to use your inhalers, and always tell a grown up if you don't feel well or don't understand something.

Name: _____

_____

Age: _____

Favourite colour:

_____

Favourite hobby:

_____

Favourite food:

_____

Draw a picture of yourself...

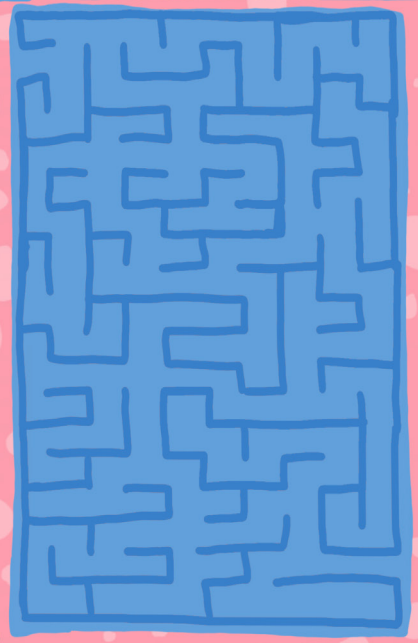
This page is all about YOU!

Get creative!

Draw a fun thing you are looking forward to...

Notes

Write your asthma questions here!



1 maze to solve...

8 words to find...

s	s	r	q	n	y	b	r	t	t
z	b	r	e	a	t	h	i	n	g
t	a	i	g	z	h	f	f	t	r
a	r	s	n	q	y	y	l	b	s
r	i	i	t	h	v	s	a	w	p
l	h	r	g	h	a	j	r	z	a
n	v	w	w	g	m	l	e	l	c
a	y	u	p	a	e	a	e	p	e
d	q	y	a	z	y	r	u	r	r
l	l	u	n	g	s	s	s	f	e

Puzzle Fun

5 spot the differences...

Look!

Some messages from other young people with asthma!
Let's hear what they have to say...

Hiya!
I'm Roman and I'm 11.
Sometimes I have to go to hospital because of my asthma.
But everyone there is really friendly and makes me feel safe.

Hello!
I'm Nico and I am 9.
I make sure to use my preventer inhaler twice 2 a day, before I brush my teeth. I love football and asthma doesn't stop me!

Hi!
My name is Aysha and I'm 10. I love dancing and always make sure my reliever inhaler is in my bag when I have a performance just in case I need it. I can do anything!

Thank You!

Here are some great resources if you would like to know more about asthma...

This booklet was made with the generous help of PA Ms Chaima Hale and children with asthma from Camden. Thank you!

This is mostly for parents of kids with asthma and provides advice and support for diagnosis & management of asthma, as well as support networks.

#AskAboutAsthma from NHS England highlights the simple changes to children and young people's care that will make a big difference to how they experience their asthma.

The Beat Asthma website provides information on understanding asthma, recognising symptoms, managing treatment, and offers advice for schools and friends to support and assist someone with asthma effectively.

NHS