

Understanding Asthma

Evidence-Based Respiratory
Education for Patients,
Families & Caregivers

Reviewed by

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Consultant Pulmonologist



Easy to
Understand



Evidence-
Based



Patient
Focused



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A Message from Your Pulmonologist

Welcome to this guide on asthma.

Asthma is one of the most common chronic conditions affecting people of all ages. With the right information, treatment and self-care, most people with asthma can live healthy, active and fulfilling lives.

This guide is written to help you understand asthma in simple, clear language. My aim is to empower you with knowledge so you can take control of your breathing and your health.

MY COMMITMENT TO YOU

As your pulmonologist, I am committed to providing:



Evidence-Based Care

Using the latest research and international guidelines.



Personalized Guidance

Because every person with asthma is unique.



Compassion & Respect

Listening to your concerns and supporting you every step of the way.



Partner in Your Journey

Working with you to achieve better breathing and a better life.



Dr. Saif Ur Rahman
Consultant Pulmonologist



SPECIALIST INSIGHT

Asthma is a manageable condition. The key is understanding your triggers, using the right treatment, and monitoring your symptoms. With consistent care, asthma should never control your life.



PRACTICAL TIP

Keep this guide handy. Read it, share it with your family, and refer back whenever you have questions. Knowledge today leads to better breathing tomorrow.



Together, we can help you breathe better and live better.



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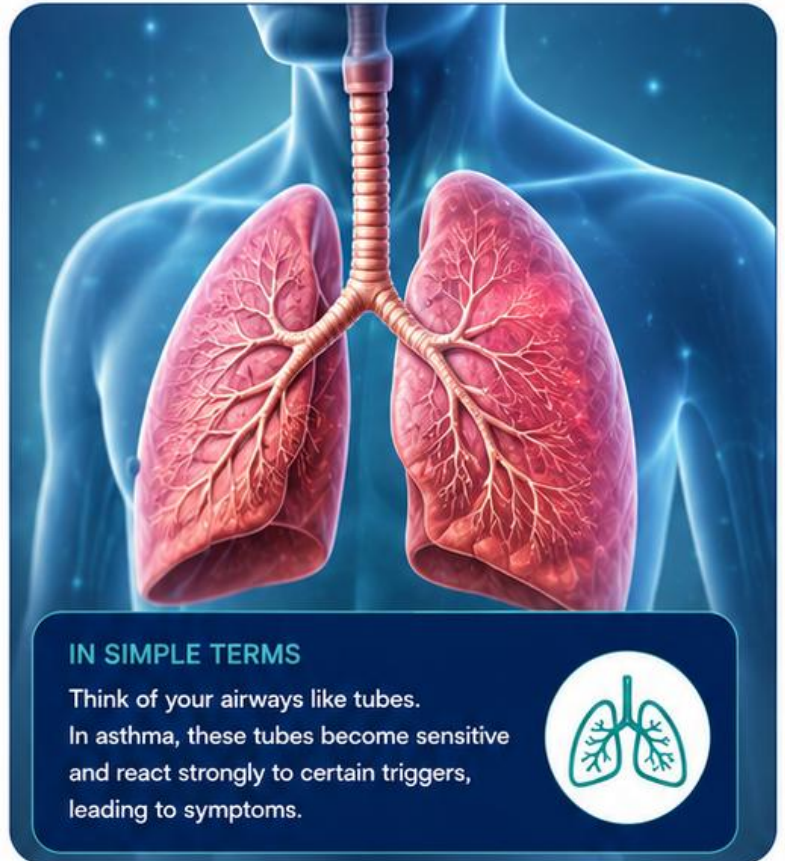
What is Asthma?

Asthma is a chronic condition that affects the airways in your lungs. These airways can become inflamed, narrow, and produce extra mucus, making it harder to breathe.

Asthma is not something you catch from someone. It is usually linked to a combination of factors such as genetics, allergies, environment, and lifestyle.



With the right treatment and self-care, asthma can be well controlled, allowing you to live a normal and active life.



IN SIMPLE TERMS

Think of your airways like tubes. In asthma, these tubes become sensitive and react strongly to certain triggers, leading to symptoms.

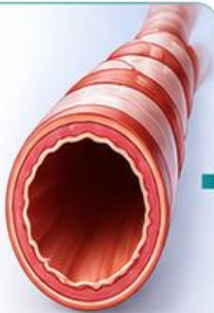


WHAT HAPPENS IN ASTHMA?

1

Normal Airway

The airway is open and relaxed. Air moves in and out easily.



2

Asthma Triggered

The airway lining becomes inflamed (swollen), muscles tighten, and mucus increases.



3

Asthma Attack

The airway becomes very narrow, making breathing difficult and causing symptoms.



COMMON SYMPTOMS

- ✓ Wheezing (a whistling sound while breathing)
- ✓ Shortness of breath
- ✓ Chest tightness or heaviness
- ✓ Coughing, especially at night or early morning
- ✓ Symptoms that come and go



COMMON TRIGGERS

- | | | | |
|--|---|---|---|
| 
Dust & Dust Mites | 
Pollen | 
Mold | 
Pet Dander |
| 
Smoke & Pollution | 
Strong Odors | 
Cold Air | 
Respiratory Infections |



GOOD NEWS!

Asthma is treatable and manageable. Most people with asthma can lead full, active, and healthy lives.



REMEMBER

Understanding your condition is the first step to controlling it.



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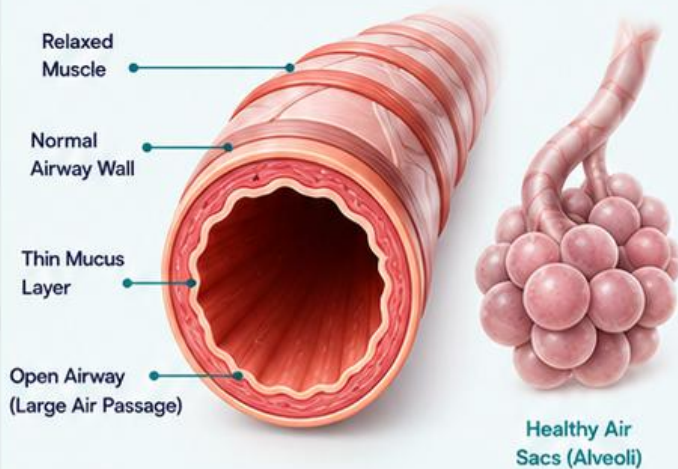


Healthy vs Asthmatic Airway

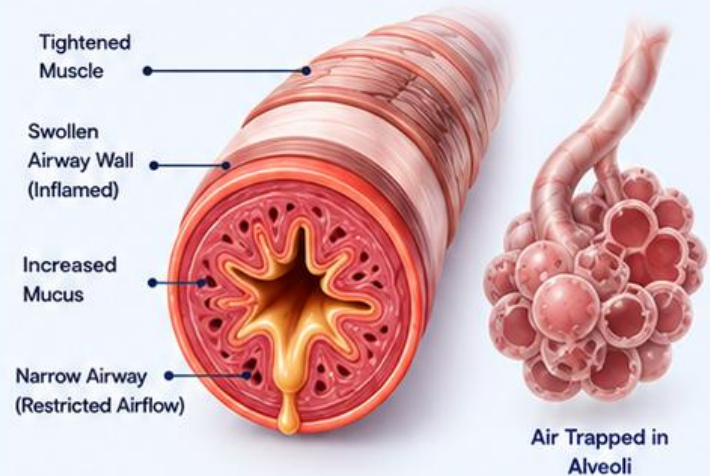
In asthma, the airways become inflamed, swollen, and sensitive. This makes breathing difficult, especially during a trigger or asthma attack.

Understanding the difference.

HEALTHY AIRWAY



ASTHMATIC AIRWAY



Air flows freely in and out of the lungs. Breathing is easy.



Airflow is reduced. Symptoms like wheezing, chest tightness, and shortness of breath occur.

THREE MAIN PROBLEMS IN ASTHMA



INFLAMMATION

The airway lining becomes inflamed and swollen.



BRONCHOCONSTRICTION

The muscles around the airways tighten, making the airway narrower.



EXCESS MUCUS

Extra mucus is produced, which further blocks the air passages.



WHY THIS MATTERS

Asthma is not just about mucus. It is a combination of inflammation, tight muscles, and mucus that leads to breathing difficulty. The good news is that all three problems can be treated and controlled.



PRACTICAL TIP

Knowing what happens in your airways helps you understand why your medications work and why it is important to take them regularly.



SPECIALIST INSIGHT

Even when you feel well, inflammation can still be present in your airways. This is why regular controller treatment is essential to prevent flare-ups and protect your lungs in the long term.





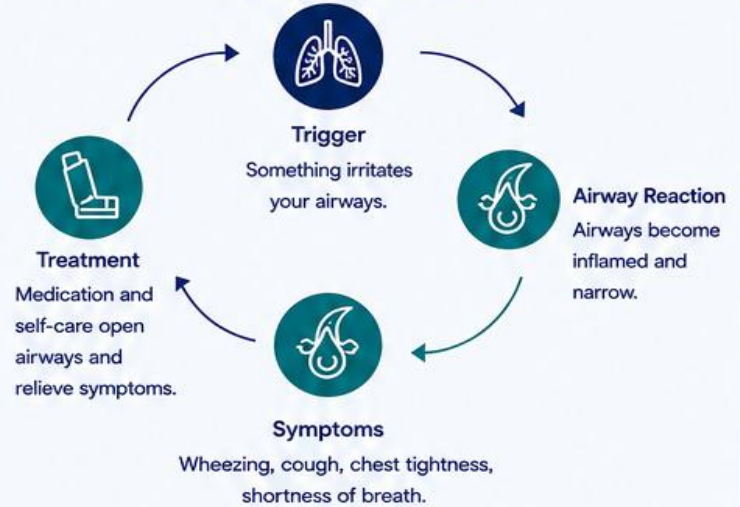
What Causes Asthma?

Asthma develops when your airways become oversensitive to certain triggers. When exposed to these triggers, the airways react by tightening, becoming inflamed, and producing extra mucus.



Asthma is not your fault.
But the right strategies can help you control it.

THE ASTHMA CYCLE



Without control, the cycle continues.
With control, you can break the cycle and breathe easier.

WHAT LEADS TO ASTHMA?

YOU CANNOT CHANGE THESE



Genetics

A family history of asthma or allergies increases your risk.



Allergens

Pollen, dust mites, mold, pet dander, and cockroaches can trigger asthma.



Viral Infections

Colds, flu, and other respiratory infections can trigger or worsen asthma.

YOU CAN REDUCE THESE



Smoking

Tobacco smoke irritates airways and increases asthma symptoms.



Air Pollution

Smoke, dust, chemical fumes, and strong odors can irritate airways.



Irritants

Strong perfumes, cleaning products, and chemicals can trigger symptoms.



Stress

Strong emotions or stress can sometimes trigger asthma symptoms.



KEY INSIGHT

Asthma is caused by a combination of factors. While you cannot change some things, reducing your exposure to triggers can greatly improve your control.



PRACTICAL TIP

Identify your personal triggers and make small changes in your environment. These steps can help reduce symptoms and improve your quality of life.



Knowledge empowers you. Action gives you control.
Breathe better, live better.





Symptoms of Asthma

Asthma symptoms can vary from person to person. They may be mild at times and severe at others. Common symptoms include:



EVERYDAY IMPACT

Symptoms can affect your sleep, work, school, exercise, and overall quality of life.



Recognizing symptoms early and managing them well can help you stay active and in control.



WHEEZING

A whistling or squeaky sound when you breathe, especially when exhaling.



SHORTNESS OF BREATH

Feeling out of breath or unable to get enough air, especially during activity or at night.



CHEST TIGHTNESS

A feeling of pressure or tightness in the chest.



COUGHING

A dry or wet cough that may be worse at night, early in the morning, or with exercise.



NIGHTTIME SYMPTOMS

Symptoms often worsen at night, disrupting sleep.



EXERCISE INTOLERANCE

Symptoms may appear or worsen during or after physical activity.



WHEN TO SEEK MEDICAL HELP

Cor

- ✓ Your symptoms or reliever use are increasing compared with your usual pattern or asthma action plan.
- ✓ Your symptoms wake you up at night.
- ✓ Your symptoms are getting worse or not improving with treatment.
- ✓ You are avoiding activities because of asthma.



SIGNS OF AN ASTHMA ATTACK

Seek urgent medical care if you have:



Severe shortness of breath that does not improve.



Difficulty talking or breathing.



Pale or bluish lips or fingertips.



Rapid breathing or racing heartbeat.



Reliever medication is not helping or worn off quickly.



Do not wait. Get help immediately.

IS YOUR ASTHMA WELL CONTROLLED?

DAYTIME SYMPTOMS

Symptoms on several days

NIGHT WAKING

Asthma waking you from sleep

RELIEVER USE

Needing reliever more than usual

ACTIVITY LIMITATION

Avoiding exercise, work or activities

If any of these are happening, arrange an asthma review. Sudden severe symptoms require urgent care.



Listening to your body and acting early is the best way to **stay in control** of asthma.





How is Asthma Diagnosed?

Asthma is diagnosed based on your symptoms, medical history, and tests that show airway inflammation or narrowing. There is no single test for asthma—your doctor looks at the complete picture.



ACCURATE DIAGNOSIS

A correct diagnosis ensures you get the right treatment and achieve better control of your asthma.

HOW DOCTORS DIAGNOSE ASTHMA



1. MEDICAL HISTORY

Your doctor will ask about your symptoms, triggers, allergies, and family history.



2. PHYSICAL EXAMINATION

Listening to your lungs and checking for signs like wheezing or breathing difficulty.



3. LUNG FUNCTION TESTS

Tests like spirometry show how well your lungs are working.



4. ALLERGY TESTS (IF NEEDED)

These tests identify allergens that may be triggering your asthma.



5. RESPONSE TO TREATMENT

Improvement of symptoms after treatment also supports the diagnosis.

TESTS USED TO DIAGNOSE ASTHMA



SPIROMETRY

Measures how much air you can breathe in and out and how quickly you can exhale.

Shows airflow limitation and reversibility.



PEAK FLOW MEASUREMENT

A simple test that measures how fast you can blow air out of your lungs.

Helps monitor asthma control over time.



BRONCHIAL CHALLENGE TEST

Measures how sensitive your airways are to certain substances.

Used when diagnosis is unclear.



OXYGEN LEVEL & OTHER TESTS

Tests like pulse oximetry, chest X-ray, or FeNO may be used in some cases.

Helps rule out other conditions.

THE PATH TO DIAGNOSIS



1

Share your symptoms and history with your doctor.



2

Doctor examines you and listens to your lungs.



3

Lung function tests are performed.



4

Results are analyzed with your complete clinical picture.



5

Diagnosis is confirmed and treatment plan is started.



KEY INSIGHT

Asthma symptoms can be similar to other conditions. That's why proper evaluation is important to ensure the right diagnosis and effective treatment.



PRACTICAL TIP

Keep a record of your symptoms, triggers, and peak flow readings. This information helps your doctor make an accurate diagnosis and guide your treatment.



Early and accurate diagnosis is the first step toward better control and a **healthier life.**



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Asthma Triggers

What can make asthma worse?

Asthma triggers are substances or situations that can cause your symptoms to start or get worse. Everyone's triggers may be different.



KEY POINT

Avoiding your triggers is just as important as taking your medication. Knowing your triggers helps you stay in control.

COMMON ASTHMA TRIGGERS



DUST MITES

Tiny bugs found in dust, bedding, and fabrics.



POLLEN

Pollen from trees, grass, and weeds can trigger symptoms.



PET DANDER

Flakes of skin, fur, or saliva from animals like cats and dogs.



MOULD

Mould spores in damp areas like bathrooms and basements.



AIR POLLUTION

Smoke, vehicle emissions, and industrial pollutants can irritate airways.



TOBACCO SMOKE

Smoking or second-hand smoke can trigger or worsen asthma.



RESPIRATORY INFECTIONS

Colds, flu, and sinus infections are common triggers.



COLD AIR

Cold, dry air can narrow airways and cause symptoms.



EXERCISE

Physical activity can trigger asthma in some people (exercise-induced asthma).



STRONG ODORS & CHEMICALS

Perfumes, cleaning products, paints, and fumes can trigger symptoms.



WEATHER CHANGES

Sudden changes in weather, humidity, or thunderstorms can trigger asthma.



STRESS & EMOTIONS

Strong emotions or stress can sometimes trigger breathing issues.

HOW TO IDENTIFY YOUR TRIGGERS



KEEP A SYMPTOM DIARY

Note when symptoms occur and what you were doing or exposed to.



LOOK FOR PATTERNS

Identify places, activities, or seasons that make your asthma worse.



TALK TO YOUR DOCTOR

Share your diary and observations to create a personalized plan.



CREATE AN ACTION PLAN

Work with your doctor to avoid triggers and manage symptoms early.



TIPS TO REDUCE EXPOSURE



Use dust-proof covers on pillows and mattresses.



Clean your home regularly and use a HEPA filter vacuum.



Keep windows closed during high pollen or pollution days.



Avoid smoking and ask others not to smoke around you.



Wear a mask in dusty, polluted, or high-risk environments.



Small changes can make a big difference in keeping your asthma under control.



IMPORTANT

Not all triggers can be avoided completely, but knowing your triggers and taking steps to reduce exposure can help prevent flare-ups and improve your quality of life.



Know your triggers. Avoid what you can.
Stay prepared. **Breathe better, live better.**





Asthma Treatment

The goal: **Control today, prevent tomorrow.**

Asthma treatment is not just about relieving symptoms—it's about controlling inflammation, preventing attacks, and helping you live a full, active life.

TYPES OF ASTHMA MEDICATIONS

TYPE	PURPOSE	EXAMPLES
 RELIEVER (MEDICATIONS)	Quick relief of symptoms or asthma attacks.	Salbutamol (Albuterol), Terbutaline
 CONTROLLER (MAINTENANCE MEDICATIONS)	Reduce airway inflammation and prevent symptoms.	Inhaled Corticosteroids (ICS), ICS + LABA combinations
 ADD-ON MEDICATIONS	For severe or uncontrolled asthma.	Leukotriene receptor antagonists, Biologics, Theophylline
 DEVICE AIDS	Help medication deliver better to the lungs.	Spacer, Nebulizer



KEY POINT

Asthma is manageable with the right treatment plan, regular follow-up, and avoiding triggers.

THE 3-STEP APPROACH TO ASTHMA CARE

1

RELIEVE SYMPTOMS

Quick-relief medications open the airways fast during symptoms or asthma attacks.



2

CONTROL INFLAMMATION

Controller medications reduce airway inflammation and prevent symptoms.



3

REDUCE RISK

Long-term control reduces the chance of severe attacks and improves lung health.



A COMMON ASTHMA TREATMENT PLAN



DAILY CONTROLLER

Use every day, even when you feel well.



RELIEVER AS NEEDED

Use when you have symptoms or an attack.



REGULAR FOLLOW-UP

Review treatment with your doctor at least every 3–6 months.



REVIEW & ADJUST

Treatment may be stepped up or down based on your control.

GOOD INHALER TECHNIQUE MATTERS

1



SHAKE

Shake the inhaler well before use.

2



EXHALE

Breathe out gently and fully.

3



INHALE

Place the mouthpiece in your mouth and start breathing in slowly.

4



PRESS & INHALE

Press the inhaler and continue to breathe in slowly and deeply.

5



HOLD

Hold your breath for 5–10 seconds.

6



WAIT

Wait 30–60 seconds before the next puff (if needed).



TAKE MEDICATION REGULARLY

Consistency is key to keeping asthma under control.



STAY ACTIVE

Regular exercise improves lung function and overall health.



WORK WITH YOUR DOCTOR

A personalized plan helps you breathe better, every day.



ASTHMA ACTION PLAN

Know what to do when symptoms worsen. Keep your plan handy.



IMPORTANT

Do not stop controller medications even when you feel better. Always follow your doctor's advice.



With the right treatment and care, you can **control your asthma** and live life to the fullest.





Asthma Action Plan

Your plan for better control, every day.

An Asthma Action Plan helps you recognize changes in your symptoms and know exactly what to do—whether you are well, having symptoms, or in trouble.



KEY POINT

Following your Asthma Action Plan can help you prevent attacks, reduce emergency visits, and live with confidence.

WHAT IS AN ASTHMA ACTION PLAN?



It is a written plan, created with your doctor, that tells you how to manage your asthma on a daily basis and how to handle worsening symptoms or an asthma attack.

THE 3-ZONE ASTHMA ACTION PLAN

1. GREEN ZONE – ALL CLEAR	2. YELLOW ZONE – CAUTION	3. RED ZONE – MEDICAL ALERT
You feel good and have no symptoms.	Your symptoms are getting worse.	You are having severe symptoms or an asthma attack.
SIGNS - Breathing is easy - No cough or wheeze - Can do usual activities - Sleeping well	SIGNS - Cough, wheeze, or chest tightness - Shortness of breath - Waking at night due to asthma - Need reliever more than usual	SIGNS - Very short of breath - Reliever not helping - Trouble walking or talking - Lips or nails look blue
WHAT TO DO - Take your daily controller medicine as prescribed. - Avoid triggers. - Keep using good inhaler technique. - Stay active and follow a healthy lifestyle.	WHAT TO DO - Take reliever medicine as directed. - Continue your controller medicine. - Monitor your symptoms closely. - If not better in 24–48 hours, contact your doctor.	WHAT TO DO - Use reliever (e.g., Salbutamol) immediately. - Repeat as directed (every 4–20 minutes if needed). - Seek emergency medical care or go to the nearest hospital NOW.
 GOAL: Stay in the Green Zone as much as possible.	 GOAL: Return to Green Zone.	 GOAL: Get emergency help immediately.



WHEN TO SEEK IMMEDIATE HELP

Go to the emergency department or call for help if:

- You are struggling to breathe
- Your reliever is not helping
- You are unable to speak in full sentences
- Your lips or face are blue
- You feel drowsy or confused



TIPS FOR SUCCESS

- Always carry your reliever inhaler.
- Know your triggers and avoid them.
- Keep all medications refilled.
- Review your plan with your doctor regularly.
- Share your plan with family, school, or workplace.

LIFESTYLE TIPS TO IMPROVE ASTHMA CONTROL

 STAY ACTIVE Regular exercise improves lung function and overall health.	 EAT HEALTHY A balanced diet supports your immune system and lung health.	 MAINTAIN A HEALTHY WEIGHT Extra weight can make asthma harder to control.	 SLEEP WELL Good sleep helps reduce inflammation and improves energy levels.	 AVOID SMOKING & POLLUTION Stay away from smoke, dust, strong odors, and fumes.	 GET VACCINATED Flu and pneumonia vaccines can protect your lungs from infections.
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You are the most important member of your asthma care team.
Know your plan. Follow your plan. Breathe better. Live better.



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Asthma Inhalers

Small device, big difference.

Inhalers deliver medicine directly to your lungs, where it works best. Using your inhaler correctly is essential for good asthma control.

WHY PROPER TECHNIQUE MATTERS



- ✓ More medicine reaches your lungs
- ✓ Better symptom control
- ✓ Fewer flare-ups and emergency visits
- ✓ Lower risk of side effects
- ✓ Better quality of life



KEY POINT

The right inhaler, used the right way, at the right time, helps you breathe easier and stay in control.

TYPES OF INHALERS



METERED DOSE INHALER (MDI)

Delivers a specific amount of medicine as a mist through the mouth.



MDI WITH SPACER (RECOMMENDED)

Spacer helps more medicine reach your lungs and reduces throat side effects.



DRY POWDER INHALER (DPI)

You breathe in quickly and deeply to draw the medication into your lungs.



Your doctor will choose the best inhaler type for you.

HOW TO USE A MDI WITH SPACER – STEP BY STEP

1



SHAKE

Shake the inhaler well for 5 seconds and remove the cap.

2



ATTACH

Insert the inhaler into the spacer as directed.

3



EXHALE

Breathe out gently away from the spacer.

4



SEAL

Place the mouthpiece in your mouth and close your lips around it.

5



PRESS

Press the inhaler once to release one puff.

6



INHALE SLOWLY

Breathe in slowly and deeply through your mouth.

7



HOLD & REPEAT

Hold your breath for 10 seconds, then exhale slowly. Wait 30–60 seconds before next puff (if needed).



Rinse your mouth and spit after using steroid inhalers to reduce the risk of oral thrush and hoarseness.

COMMON MISTAKES TO AVOID

- ✗ Not shaking the inhaler before use (for MDI)
- ✗ Not breathing out before inhaling the medicine
- ✗ Not starting to breathe in before pressing the inhaler
- ✗ Breathing in too fast
- ✗ Not holding breath after inhalation
- ✗ Not using a spacer when recommended
- ✗ Not cleaning the inhaler regularly



KEEP YOUR INHALER CLEAN

MDI (METAL CANISTER)

- Wipe the mouthpiece inside and outside with a clean, dry tissue.
- Clean once a week.

SPACER

- Disassemble the spacer.
- Wash in warm water with mild dish soap.
- Rinse well and air dry completely.
- Do not wipe the inside.



SIGNS YOUR INHALER MAY NOT BE WORKING WELL

- Symptoms are not improving
 - You need reliever more often
 - Whistling sound from the inhaler
 - Difficulty in using the device
 - Medicine tastes in your mouth
 - Dry cough after use
- Check your technique and talk to your doctor.



REMEMBER

Correct technique is as important as the medicine. Ask your doctor or pharmacist to watch you use your inhaler and correct your technique regularly.



ASK FOR HELP IF

- You are not sure how to use your inhaler
- Your symptoms are not well controlled
- You are using your reliever more than twice a week
- You have had an asthma attack or ER visit



Your inhaler is your asthma control partner.

Use it correctly. Use it regularly. Breathe better. Live better.





Living Well with Asthma

Live confidently. Breathe better every day.

Asthma doesn't have to stop you from doing the things you love. With the right care, healthy habits, and a good action plan, you can enjoy an active, normal life.



KEY POINT

Well-controlled asthma allows you to live an active, healthy, and fulfilling life. Small daily steps lead to big results.

HEALTHY DAILY HABITS



STAY ACTIVE

Regular exercise improves lung function, mood, and overall health.



EAT WELL

Choose a balanced diet rich in fruits, vegetables, and whole grains.



STAY HYDRATED

Drink enough water throughout the day to keep your body healthy.



SLEEP WELL

Good sleep helps reduce inflammation and improves energy levels.



GET VACCINATED

Stay up to date with recommended vaccines to protect your lungs.



AVOID SMOKE

Stay away from smoke, vaping, and polluted air for better lung health.



EVERYDAY ASTHMA CHECKLIST

- ✓ Take your controller medication every day, even when you feel well.
- ✓ Carry your reliever inhaler if prescribed.
- ✓ Use your inhaler with the correct technique.
- ✓ Know and avoid your personal asthma triggers.
- ✓ Follow your written Asthma Action Plan.
- ✓ Attend regular follow-up appointments.
- ✓ Monitor symptoms and speak up early if things change.



Small, consistent steps every day keep asthma under control.



CAN I...?



Exercise?

Yes! Regular exercise is safe and healthy. Use your reliever before exercise if advised by your doctor.



Travel?

Yes! Plan ahead, carry your medicines, and keep your action plan with you.



Have pets?

Maybe. It depends on your triggers and how you tolerate them.



Play sports?

Usually yes! Many people with asthma play sports successfully.



Fast?

Yes. Discuss with your doctor if your medication schedule needs adjustment.



Become pregnant?

Most women with well-controlled asthma have healthy pregnancies. Continue care with your healthcare team.



PROTECT YOUR LUNGS



Annual influenza vaccine



Pneumococcal vaccine (when advised)



COVID-19 vaccine (when recommended)



Avoid smoking and secondhand smoke



Reduce indoor pollution and use fresh air



Protecting your lungs today helps you breathe better tomorrow.



REMEMBER

- Asthma is treatable and controllable.
- Never stop your controller medication without talking to your doctor.
- Act early if symptoms start to worsen.
- Stay informed and be an active partner in your care.



You are not alone. We are here to help you breathe better and live better.

YOU CAN LIVE A NORMAL LIFE

Most people with asthma live full, active, healthy lives.

With the right treatment and self-care, you can:



Exercise



Travel



Spend time with family



Work & study



Sleep well



Enjoy life

Know your plan. Take control. Breathe with confidence.



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Frequently Asked Questions (FAQs)

Clear answers to common questions about asthma.



KEY POINT

Understanding your condition helps you make better decisions and manage your asthma with confidence.

	1. What is asthma?	➤ Asthma is a long-term condition that causes inflammation and narrowing of the airways in the lungs, leading to symptoms like wheezing, cough, shortness of breath, and chest tightness.
	2. Can asthma be cured?	➤ No, there is currently no cure for asthma. However, with the right treatment and care, symptoms can be well controlled and you can live a normal, active life.
	3. Do I need to take medicine every day?	➤ If your doctor has prescribed a controller medication, yes. It helps reduce inflammation and prevents symptoms, even when you feel well.
	4. Can I exercise or play sports?	➤ Yes! Regular exercise is safe and recommended. It improves lung function and overall health. Use your reliever inhaler before exercise if advised by your doctor.
	5. Can I travel with asthma?	➤ Yes, you can travel. Carry your medications, inhalers, and a copy of your asthma action plan. Keep your reliever inhaler with you at all times.
	6. Can I have a healthy pregnancy with asthma?	➤ Yes. Most women with well-controlled asthma have healthy pregnancies. Continue your medications as prescribed and keep regular follow-ups with your doctor.
	7. Why is my asthma worse at night?	➤ Asthma symptoms can increase at night due to natural changes in the body, triggers in the bedroom, or airway inflammation. Good control during the day helps improve night symptoms.
	8. How do I know if my asthma is well controlled?	➤ You have symptoms less than twice a week, need your reliever less than twice a week, can do normal activities, sleep well, and have no flare-ups.
	9. What should I do during an asthma flare-up?	➤ Follow your asthma action plan. Use your reliever inhaler as directed. If you do not improve or symptoms get worse, seek medical help immediately.
	10. How often should I see my doctor?	➤ Regular follow-up every 3–6 months is recommended, or more often if your asthma is not well controlled.



IMPORTANT REMINDERS

- ✓ Always carry your reliever if prescribed.
- ✓ Take your controller medicine regularly.
- ✓ Avoid your known triggers.
- ✓ Check your inhaler technique.
- ✓ Follow your asthma action plan.
- ✓ Keep all medications in date.
- ✓ Stay active and eat a balanced diet.



Small daily steps lead to big long-term benefits.



SIGNS YOU NEED IMMEDIATE HELP

- Severe shortness of breath
- Unable to speak in full sentences
- Reliever inhaler not helping
- Rapid worsening of symptoms
- Lips or face turning blue
- Drowsiness or confusion



Don't wait.
Seek emergency care immediately.



WE ARE HERE TO HELP YOU



Personalized guidance for your asthma management.



Questions or concerns? We are just a message away.



Regular follow-up helps keep your asthma under control.



Better care. Better control. Better quality of life.



You don't have to control asthma alone.

With the right care and a good plan, you can breathe easier, feel better, and live life to the fullest.



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Working Together for Better Control

Follow-up care is the key to long-term success.

Asthma is a long-term condition, but with regular follow-up and the right partnership with your healthcare team, you can keep your symptoms under control and prevent flare-ups.



KEY POINT

Asthma control today leads to a healthier tomorrow. Regular check-ups help adjust treatment, monitor progress, and keep you on track.

WHY FOLLOW-UP IS IMPORTANT



BETTER CONTROL

Keeps symptoms well controlled and prevents attacks.



TREATMENT REVIEW

Allows your doctor to adjust medicine for best results.



MONITOR PROGRESS

Tracks lung function and overall health over time.



PREVENT COMPLICATIONS

Reduces the risk of serious flare-ups and hospital visits.

WHAT TO EXPECT DURING FOLLOW-UP



Review of symptoms and asthma control

Discuss how you have been feeling and any problems.



Check of inhaler technique

Ensure you are using your inhaler correctly.



Lung function testing (if needed)

Measures how well your lungs are working.



Medication review

Adjust or simplify medicines if needed.



Update of your asthma action plan

Keep your plan up to date based on your progress.

YOUR ROLE IN GOOD ASTHMA CONTROL



Take your controller medication every day, even when you feel well.



Use your reliever inhaler only when needed.



Follow your asthma action plan.



Avoid or reduce exposure to your known triggers.



Check your inhaler technique regularly.



Keep track of your symptoms or peak flow (if advised).



Attend all scheduled follow-up appointments.



Talk to your doctor about any concerns.



You are the most important member of your asthma care team.

WHEN TO CONTACT YOUR DOCTOR BETWEEN VISITS



- Symptoms getting worse.
- Reliever inhaler needed more often than usual.
- Night-time symptoms more than twice a month.
- Activity or exercise becoming difficult.
- Side effects from medication.
- Any other concerns about your asthma.



Don't wait. Early action prevents serious attacks.

KEEP YOUR ASTHMA UNDER CONTROL



Regular follow-ups



Correct inhaler use



Follow your action plan



Avoid triggers



Stay healthy, stay active



Small steps today lead to a healthier, worry-free tomorrow.



You Are Not Alone

Millions of people with asthma live full, active, and successful lives. With the right care and support,

you can too.



We are here to help you.



Together, we can control asthma.



Better care. Better breathing.



Better life. Every day.



Medically Reviewed



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Patient Education



Version 1.0
July 2026



RespiraMD.com





Quick Asthma Self-Assessment

Check how well your asthma has been controlled.

This simple checklist can help you understand your asthma control over the past 4 weeks. Share your answers with your doctor during your next visit.



KEY POINT

Regular self-checks help you and your doctor understand your asthma better and make the right treatment decisions.

DURING THE LAST 4 WEEKS...	YES	NO
 1. Have you had asthma symptoms during the day?	☐	☐
 2. Have you woken up at night because of asthma?	☐	☐
 3. Have asthma symptoms limited your activities (at home, work, school, or exercise)?	☐	☐
 4. Have you needed your reliever inhaler more than usual?	☐	☐
 5. Have you missed work, school, or important activities because of asthma?	☐	☐
 6. Have you had any asthma attacks or flare-ups?	☐	☐
 7. Have you needed steroid tablets or injections because of worsening asthma?	☐	☐
 8. Have you visited an emergency department or required urgent medical care because of asthma?	☐	☐

WHAT YOUR ANSWERS MEAN



ALL ANSWERS ARE "NO"

Well Controlled

Your asthma appears well controlled. Keep doing what you are doing.



Continue your current treatment and follow-up plan.



ONE OR MORE ANSWERS ARE "YES"

Needs Review

Your asthma may not be fully controlled. It may get worse if not addressed.



Arrange a review with your healthcare professional to review your treatment and action plan.



SEVERE SYMPTOMS OR EMERGENCY VISITS

Needs Urgent Attention

Your asthma is likely not well controlled and you may be at risk of serious flare-ups.



Seek urgent medical advice immediately. Do not wait.



This checklist is designed to support conversations with your healthcare professional. It does not diagnose asthma or replace medical advice.

TIPS FOR BETTER ASTHMA CONTROL



Take your controller medicine regularly, even when you feel well.



Use inhalers with the correct technique.



Follow your asthma action plan.



Avoid known triggers.



Attend regular follow-up visits.



Stay active, eat well, manage stress, and get good sleep.



Small steps today lead to a healthier tomorrow.

Understand. Track. Act.
Breathe better. Live better.



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Every Breath Matters.

RESPIRAMD LEARNING GUIDES

LEARNIMD GUIDE NO. 001



About the Author

These guides are written to help you understand your lungs, your condition, and your treatment.

My goal is to translate complex respiratory medicine into clear, practical guidance that helps patients and families make informed decisions with confidence.



Dr. Saif Ur Rahman

MD (Respiratory Medicine)

Consultant Pulmonologist



PROFESSIONAL AFFILIATIONS



Member, American Thoracic Society (ATS)



Member, European Respiratory Society (ERS)



Member, Pakistan Chest Society (PCS)



EDUCATION & QUALIFICATIONS

- MD in Respiratory Medicine
- Consultant Pulmonologist
- Continuous Professional Development
- Evidence-Based Respiratory Care
- Committed to patient-centered practice



CLINICAL EXPERTISE

- ✓ Asthma
- ✓ COPD
- ✓ Interstitial Lung Disease
- ✓ Bronchiectasis
- ✓ Tuberculosis
- ✓ Sleep Disorders (Sleep Apnea & Snoring)
- ✓ Lung Function Testing
- ✓ Bronchoscopy
- ✓ Pleural Diseases
- ✓ Critical Care & Ventilatory Support
- ✓ Evidence-Based Respiratory Care



MY APPROACH

Every patient deserves to be heard, understood, and involved in decisions about their care. My approach is built on four simple principles:



Listen to understand



Explain with clarity



Plan personalized care



Partner for better results



WHY I CREATED RESPIRAMD

Throughout my career, I have seen many patients leave the clinic still unsure about their diagnosis, medicines, or test results.

RespiraMD was created to provide trustworthy, evidence-based education that helps patients understand their respiratory health with confidence.



A MESSAGE TO YOU

If this guide has helped you better understand your lungs, then it has achieved its purpose. My hope is that knowledge gives you confidence, confidence improves your health, and every breath becomes a little easier.

I am here to help you on that journey.

Dr. Saif Ur Rahman



Evidence-Based Care

Committed to the latest research and guidelines.



Patient-Centered Approach

Your goals and concerns always come first.



Serving Patients Worldwide

Supporting patients beyond borders.



Compassion & Respect

Every patient interaction is with care and dignity.



Knowledge empowers. Understanding heals. Better breathing changes lives.
Thank you for trusting RespiraMD.



This information is for educational purposes only and does not replace professional medical advice. Always consult your healthcare provider for personalized recommendations.

