

Are You Ignoring Your Cough?

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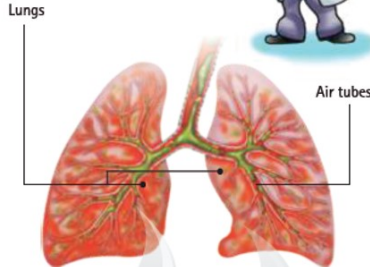
Are you ignoring your cough?

Some useful information which your doctor wants you to know

- Are you being troubled by cough and have difficulty in breathing?
- Does your cough come and go, time and again?
- Does it often start and get worse at night?



The reason behind your coughing could be asthma...



The air tubes in your lungs are swollen when you have asthma



Your breathing system

You breathe through the air tubes in your lungs. At times, because of various reasons, there is some swelling or mucus formed in your air tubes and so they become narrow and you keep coughing and find it difficult to breathe.

*For more information on asthma, log on to www.breathefree.com in 10 Indian languages

You may also wonder why it's you and nobody else in your house.

Although asthma can run in the family, there are many people with asthma who do not have relatives with the condition. But because your lungs are extra sensitive, they react when they come in contact with:



Common colds



Pollen, mold, house dust, animal fur or certain foods which cause allergies



Paints, sprays, dust, cigarette or any kind of smoke, fumes & pollution which cause work-related / occupational asthma



Exercise: Over exertion or any physical strain like climbing stairs, running etc.



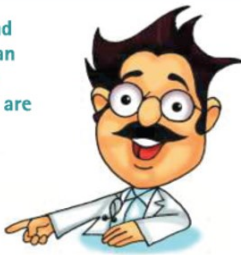
Weather: Any change in weather, maybe cold or hot conditions



Emotions: Anger, anxiety or happiness

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This coughing and breathlessness can be controlled by medicines which are of two types:



Reliever Medicines

- Give immediate relief from coughing and breathlessness
- They open up the constricted airways at the time of severe coughing and difficulty in breathing
- They need to be taken only during emergency

Controller Medicines

- Give long term relief from coughing and breathlessness
- They treat the swelling in your lungs and make airways less sensitive to irritation that has led to coughing and breathlessness
- They need to be taken daily whether there are symptoms or not

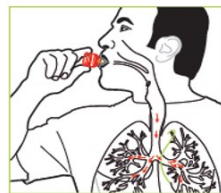
These medicines are available in various forms



These medicines can be taken in various forms like inhalers, tablets or syrup. Out of these, inhalers have many advantages over tablets and syrups:-

Inhalers

- Inhalers act faster
- Smaller dose of medicine is required
- Have minimal or no side effects
- Economical in the long run



You don't have to worry about inhalers!!



Yes, as it most importantly works directly on the problem area-the air tubes in the lungs. It is just like putting an ointment directly on the skin for a skin problem, or eye drops directly in the eye for an eye problem.

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After taking regular inhalers, a test will be performed to check the capacity of your lungs.

With a device called the peak flow meter (Breathe-o meter), wherein one can check and record the reading, which indicates the lung power. Once the readings are in the normal range, even you can lead a normal life for e.g. it is like a thermometer, which is used to measure fever, but it measures lung power.



Once the readings are in the normal range, even you can lead a normal life for e.g.:



Fully participating in physical activities, including exercise



Having fewer attacks of coughing and breathlessness, if at all



Sleeping without waking up because of symptoms



No need to miss work, studies or other daily activities

And most important-

- No emergency visits or stays in hospital
- Safe treatment without side effects

For more information log on to www.breathefree.com

'My Breathefree' Patient app



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