

Kickin' Asthma

Student Workbook



Name: _____

School: _____

Why Have You Been Invited to *Kickin' Asthma*?



You have been invited to *Kickin' Asthma* because you have asthma. Asthma is a disease of your air tubes that makes it hard to breathe. During the next four classes you will be learning how to **be in control** of your asthma, so you will feel better.

Take a moment to think about your asthma, and write down some thoughts:

- * How does your body feel when your asthma acts up?



- * What are some words that describe your feelings about having asthma?

My Kickin' Asthma Goal:



It's my body
so it's my job!

Take ACTION!

During class, ask questions and think about how you can use what you learn to reach your Asthma Goal.

What Do You Know About Asthma?

If you have asthma, you are not alone!

Did You Know?

- * Asthma is a disease of your lungs that sometimes makes it hard to breathe.
- * A lot of kids have asthma! In a typical classroom, 3-6 students will have it.
- * Asthma is a leading cause of school absences. Have you ever missed school because of asthma?
- * Having asthma doesn't mean you have to miss out on activities you enjoy, such as playing with your friends or doing sports.



What Causes Someone to Get Asthma?

- * Doctors don't know for sure what causes asthma, but they have some ideas.
- * Asthma sometimes runs in the family. Who else in your family has it?



Can You Outgrow Asthma?

- * No, asthma is a *chronic* condition, which means you have it your whole life.
- * Sometimes the way you feel your asthma changes as you grow older. You may not feel it acting up, but you still have asthma.

Does Everyone Experience Asthma in the Same Way?

- * No, asthma is different for every person. Some people have very mild asthma only a few times a year, others have severe asthma that they have to deal with every day.
- * Different people have different symptoms, which we'll learn more about later.

Is There a Cure for Asthma?

- * No, but you can keep it **in control**. We'll learn about this later.

Can You Die from Asthma?

- * It can happen, but it is unusual for this to happen to a child.

What Do You Do to Control Your Asthma?

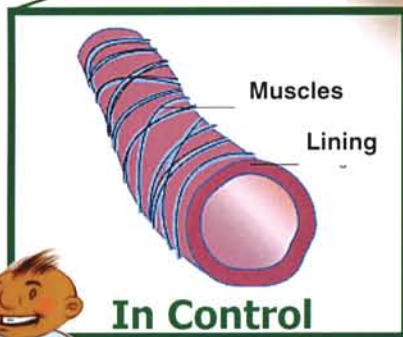
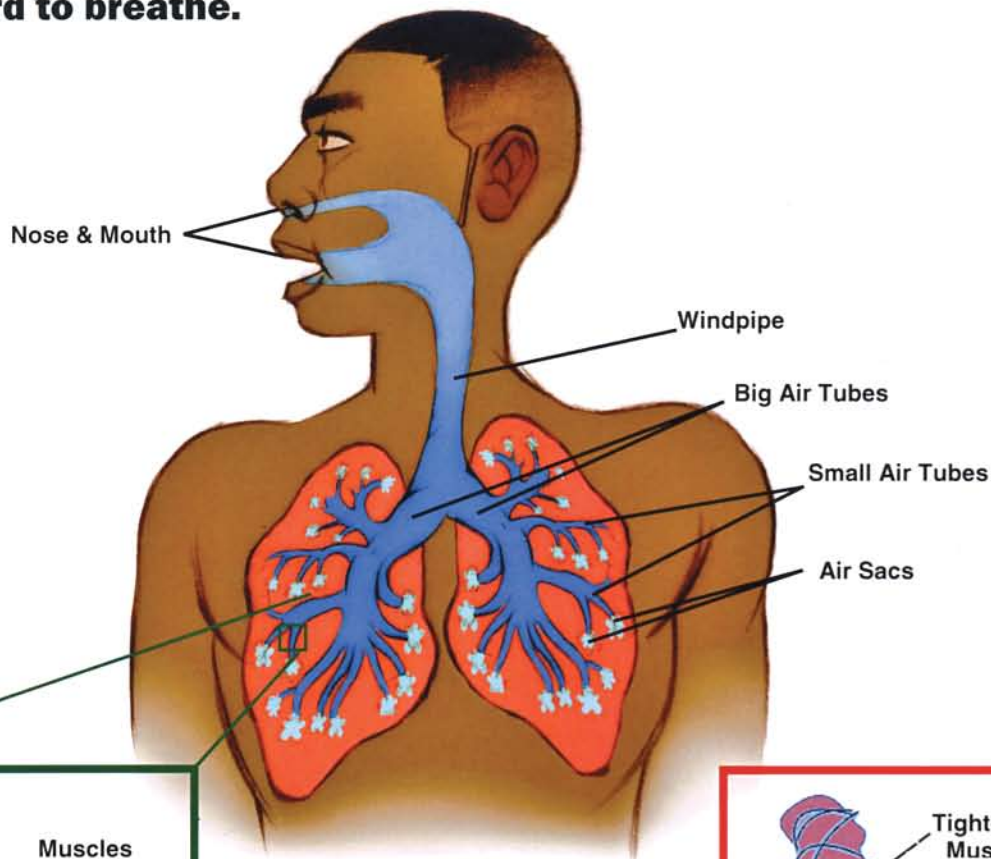
- * Go to your regular check-ups and take your medicine the way your doctor tells you.
- * Stay away from the things that set off your asthma.
- * Take action when your body gives you signals that your asthma is acting up.



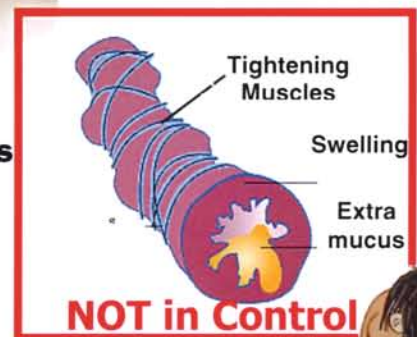
Why Does Asthma Make It Hard To Breathe?

Asthma is a disease of your air tubes in your lungs.

When your asthma acts up, your air tubes narrow (get smaller), which makes it hard to breathe.



What are the **THREE** differences between an air tube with asthma that's **In Control** and one that's **not In Control**?



Narrowing of air tubes with asthma is due to three major things:

- S**welling
- E**xtra Mucus
- T**ightening Muscles

What Are Your Asthma Symptoms?

Asthma **symptoms** are **what you feel** when your asthma acts up, telling you it's not in control. Different people have different symptoms.

Check off your asthma symptoms:



Take ACTION!

What should you do when you notice your symptoms?

- * Take your quick reliever medicine (example: Albuterol, Xopenex, ProAir, Ventolin).
- * Tell an adult.
- * Relax and rest.

If you feel these asthma symptoms more than twice a week, or at night more than twice a month, your asthma may not be in control and you should ask your doctor what else you can do to control it.

What Are Your Early Warning Signs?

Warning signs are **clues** that tell you that your asthma is about to act up or will get worse soon.

Check off your early warning signs:



Stuffy, runny nose



Watery eyes



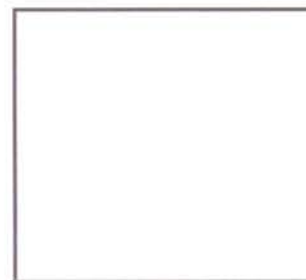
Peak flow in the yellow zone (see p. 14)



Cold or Flu



Itchy, scratchy or sore throat



Other

Do you know your early warning signs?

If you don't know, find out by paying attention to how your body feels before you have asthma symptoms.

Take ACTION!

What should you do when you notice your early warning signs?

- * Take your quick reliever medicine (example: Albuterol, Xopenex, ProAir, Ventolin).
- * Tell an adult.
- * Relax and rest.

What Are Your Asthma Triggers?



Triggers are things that **set off your asthma (cause symptoms)**. Triggers differ from person to person. What are your triggers?



Remember to stay away from your triggers. This will help control your asthma!

Check off your asthma triggers:

GETTING SICK

- Cold / Flu / Sore throat**



TO AVOID:

- Get a flu shot.
- Stay away from people who have colds and flu.
- Wash your hands often.
- Stay well with healthy food, enough exercise and sleep.

THINGS THAT IRRITATE LUNGS

- Tobacco Smoke / Fireplace Smoke**



TO AVOID:

- Do not smoke. Stay away from smokers.
- Ask people not to smoke in the car or your home.
- Let fresh air into your house.
- Do not use the fireplace and avoid smoke from fires.

- Chemicals / Strong Smells**



TO AVOID:

- Stay away from strong smelling cleansers.
- Stay away from scented products such as perfume, deodorant, lotions, hairspray, incense, and air fresheners.

PROBLEMS OUTSIDE

- Weather Changes**



TO AVOID:

- When it's cold, breathe through your nose.
- Stay indoors on very hot or very cold days.

- Air Pollution**



TO AVOID:

- On bad pollution days, try to stay indoors.
- Avoid standing next to buses, trucks or running cars.

STRONG EMOTIONS

- Anger, Fear, Laughter, Stress**



TO AVOID ASTHMA SYMPTOMS:

- Keep calm by breathing slowly & deeply (belly breathing).
- Relax your shoulders and neck muscles.

What Are Your Asthma Triggers?

THINGS THAT CAUSE ALLERGIES

Allergens may be a trigger for people who have allergies to these things below:

Dust



TO AVOID:

- Ask someone to vacuum weekly.
- Enclose mattresses & pillows in allergy proof covers.
- Wash sheets and pillows in very hot water (130°F+).

Pollen



TO AVOID:

- Stay indoors and close the windows when pollen is high.
- See your doctor to get allergy medicine.

Animals



TO AVOID:

- Stay away from pets that make your asthma worse.
- Keep pets outside if possible.
- Have someone wash pets weekly.

Mold



TO AVOID:

- Let fresh air into room with the mold.
- Have someone clean the mold with bleach and water.
- Mold likes water. Get rid of the water to stop the mold.

**Cockroaches /
Other Pests**



TO AVOID:

- Don't leave food or garbage out.
- Use boric acid, baits or traps to get rid of roaches.
- Do NOT use insect sprays, which are an asthma trigger.

PHYSICAL ACTIVITY

Exercise



Do not avoid exercise, but **TO AVOID ASTHMA SYMPTOMS:**

- Use quick-reliever medicine (like albuterol) 15 minutes before you exercise.
- Warm up before exercise and cool down after exercise.

Take ACTION!

AVOID your asthma triggers!

Think of times where it is difficult to talk to adults about staying away from your asthma triggers. What can you do in those situations?

One idea is to **talk with adults you trust**, like your parents, teachers or asthma class instructors.

What are some other ideas?

What Are The 2 Types of Asthma Medicines?

QUICK RELIEVER (Albuterol)

Examples:



Xopenex®



Ventolin®



Pro Air®



Proventil®

RELIEVER MEDICINE MAKES YOU FEEL BETTER FOR A SHORT TIME WHEN YOU FEEL YOUR ASTHMA ACTING UP.

- * Everyone with asthma needs to have quick reliever medicine.
- * Be sure to have one at all times – even at school.

HOW DOES MY QUICK RELIEVER WORK?

This medicine relieves the **Tightening of muscles** around your air tubes.

- Swelling
- Extra Mucus
- Tightening muscles



CONTROLLER

Examples:



Flovent®



QVAR®



Pulmicort®



Advair®



Asmanex®

CONTROLLER MEDICINE PREVENTS YOUR ASTHMA FROM ACTING UP, BUT DOES NOT RELIEVE IT ONCE IT STARTS

- * Some people with asthma take controllers every day.
- * If you use this medicine, over time you will have fewer symptoms.

HOW DOES MY CONTROLLER WORK?

After several weeks, this medicine helps prevent **Swelling** and **Extra mucus** in your air tubes.

- Swelling
- Extra Mucus
- Tightening muscles

WHEN DO I USE MY QUICK RELIEVER?

- * **When you have symptoms.** You should feel better in a few minutes.
- * **15 minutes before you exercise,** if exercise triggers your asthma.
- * If you use it **more than twice a week,** your asthma is **not in control.**

WHEN DO I USE MY CONTROLLER?

- * **Every day,** even when you feel fine.
- * **DO NOT** use when you feel your asthma act up– it **ONLY** works slowly over time to prevent problems.
- * **Controllers will help you use quick relievers less often!**

Take ACTION!

Always take your medicines the way your doctor tells you!

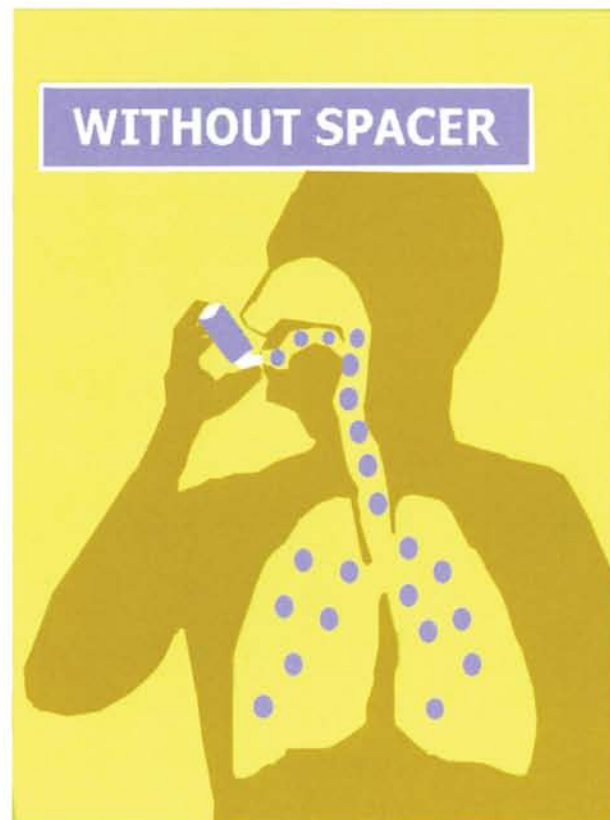
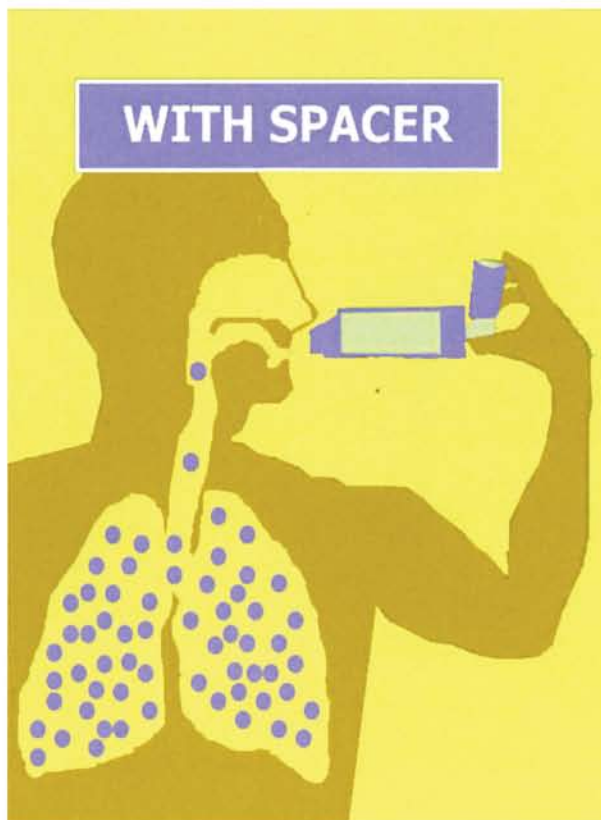
Think of some things that make it difficult to take medicine when you are supposed to. Knowing that you **must take your medicine,** what would make it easier?

How Do You Use Your Inhaler?

- * One common way to take your asthma medicines is by using a **Metered Dose Inhaler** (also called a puffer or asthma pump).
- * A **spacer** is a tool that makes your inhaler work better.
- * A spacer works by slowing down the medicine so it can go into your lungs instead of hitting the back of your mouth.



Always use your
inhaler with a
SPACER!



Take ACTION!

Use a spacer to make sure that most of your medicine ends up in your lungs where you need it, instead of in your mouth and throat where you will swallow it!

Using Your Inhaler With A Chamber Spacer



1. Get Your Medicine Ready

- * **Shake** the inhaler.
- * Take the caps off the inhaler and the spacer.
- * Connect the inhaler to the spacer.



2. Get Yourself Ready

- * **Stand** up straight.
- * **Breathe out** to empty your lungs.
- * Place your lips tightly around the mouthpiece.



3. Take a Puff

- * Press the inhaler to **spray one puff**.
- * **Breathe in slowly and deeply**.



4. Hold Your Breath, Then Repeat

- * **Hold your breath** while you slowly count to 10.
- * **Breathe out**.
- * **Wait** 20 seconds before your next puff.
- * When you're done, **rinse** out your mouth and **put the caps back on** the inhaler and spacer.

Using Your Inhaler With An Optihaler™ Spacer



1. Get Your Medicine Ready

- * Take out the canister and **close the end cap** of the spacer.
- * **Shake** the medicine canister.
- * **Connect** the medicine canister to the holder on top of the spacer.

2. Get Yourself Ready

- * **Stand up** straight.
- * **Breathe out** to empty your lungs.
- * Place your lips tightly around the mouthpiece.



3. Take a Puff

- * **Slowly breathe in and press down** on the medicine canister at the same time.

4. Hold Your Breath, Then Repeat

- * **Hold your breath** while you slowly count to 10.
- * **Breathe out**.
- * **Wait** 20 seconds before your next puff.
- * When you're done, **rinse** out your mouth, store the canister inside the spacer, and **put the cap back on**.



If You HAVE To Use Your Inhaler Without A Spacer

It is ALWAYS better to take your inhaler with a spacer!

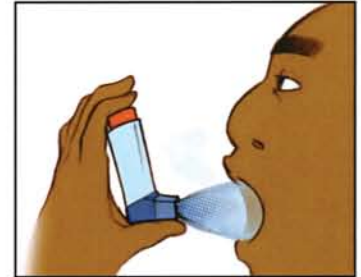
If you *have* to take your inhaler without a spacer, follow these directions:

1. Get Your Medicine Ready

- * **Shake** the inhaler.
- * Take the cap off the inhaler.
- * Hold the inhaler about 2 inches in front of your mouth.

2. Get Yourself Ready

- * **Stand** up straight.
- * **Breathe out** to empty your lungs.
- * Keep your chin up and open your mouth.



3. Take a Puff

- * Slowly **breathe in and press down** on the medicine canister at the same time.

4. Hold Your Breath, Then Repeat.

- * **Hold your breath** while you slowly count to 10.
- * **Breathe out.**
- * **Wait** 20 seconds before your next puff.
- * After you're done, **rinse** out your mouth, and **put the cap back on** the inhaler.

Using A Diskus Inhaler

Another common way to take your medicine is with a **Diskus[®]**, or **Dry Powder Inhaler**.



1. Get Your Medicine Ready

- * Push away on the thumb-grip until you can see the whole mouthpiece.
- * **Slide** the lever away from you until it clicks.
- * Make sure you don't tip your Diskus[®].



2. Get Yourself Ready

- * **Stand up** straight.
- * **Breathe out** to empty your lungs.
- * Put the mouthpiece in your mouth, behind your teeth.



3. Take a Puff

- * **Breathe in quickly and deeply.** Your breath will pull in the medicine.



4. Hold It

- * **Hold your breath** for a couple seconds. Then **breathe out.**
- * **If your doctor wants you to take two puffs, wait** 20 seconds before your next puff.
- * **Rinse** out your mouth.
- * **Slide the lever back** to close the Diskus.







When Should You Go To The Doctor For Asthma?



Your doctor is your partner!

You should visit your regular doctor often when you have asthma, but you might have to visit different doctors depending on how you're feeling.

How do you know which type of doctor visit you need?

Type of Doctor Visit	When Do You Go?	TAKE ACTION!
Regular Check Up	<ul style="list-style-type: none"> When you're feeling fine. 	Visit your regular doctor for check ups at least every six months.
Symptoms Visit	<ul style="list-style-type: none"> When your symptoms last a week or more, or It seems like your medicine isn't working, or Your peak flow is in yellow zone. 	Go to your regular doctor.
Urgent Visit	<ul style="list-style-type: none"> If your symptoms keep getting worse, or Your symptoms wake you up at night, or Your peak flow is in the red zone. 	Go to the doctor as soon as you can!
Emergency!	<ul style="list-style-type: none"> If it's hard to talk or walk, or Your lips or fingernails turn blue, purple or gray, or Your chest or belly suck in, or Your neck tightens with each breath.    	Stay calm, and have someone call 911 or take you to the emergency room <u>right away!</u>

Take ACTION!

What things make it hard to go to the doctor when you're supposed to?
 What are some ways you can make sure to go to your doctor before your asthma becomes an emergency?

How To Use a Peak Flow Meter

A peak flow meter is a tool that tells you **how well your lungs are working**. If you use it **every day**, it will help you notice changes in your air tubes so that you have **extra time to take action** before you feel asthma symptoms.

How To Take Your Peak Flow:

1. SET TO ZERO

- Set the marker to zero.



2. STAND & BREATHE IN

- Stand up straight.
- Take a deep breath in to fill your lungs completely.



3. BLAST AIR OUT

- Put your lips tightly around the mouthpiece.
- Make sure your tongue and teeth don't block the mouthpiece.
- Blast the air out as **hard and fast as you can** – **from the back of your throat, not from your cheeks.**



4. WRITE

- Do this 2 more times and write the highest number in your Peak Flow Journal.



How To Set Your Zones:

1. **Write down** your highest peak flow reading in a journal every morning and night for two weeks.
2. After two weeks, review your peak flow journal and **find the highest peak flow number** that you wrote down **more than once**.
3. Write down this number, it is your **personal best**.

Now you or an adult can SET YOUR ZONES on the peak flow meter.



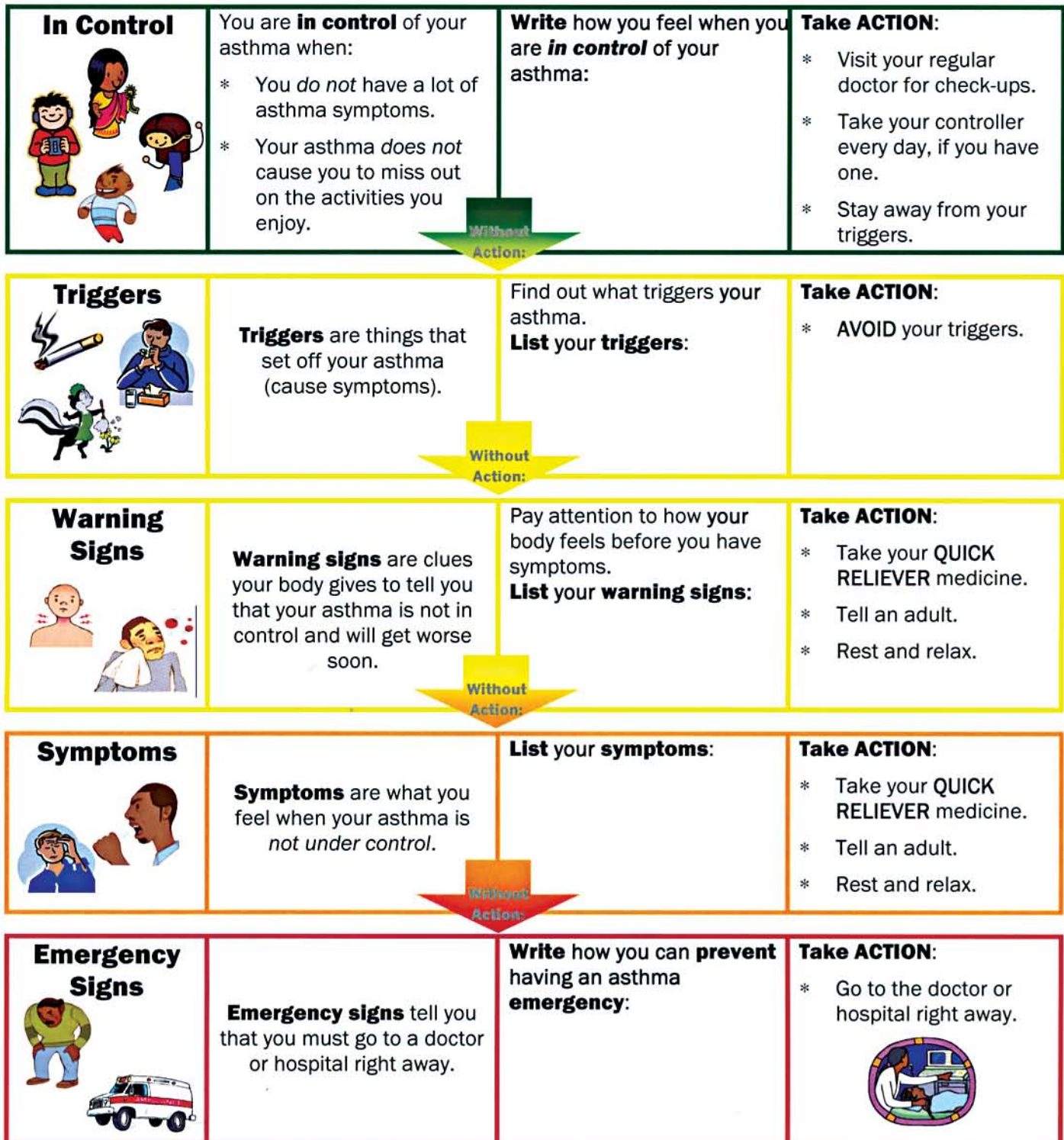
RED ZONE: below 50% of your personal best
STOP! You are having severe symptoms.
Take quick reliever. Tell an adult, go see a doctor.

YELLOW ZONE: 50% - 80% of your personal best. This is not normal!
SLOW/CAUTION! You may be having symptoms soon.
Take quick reliever. Tell an adult, go see your regular doctor.

GREEN ZONE: 80% or higher of your personal best
GO! This is where you **SHOULD** be. Your asthma is under control!
Continue to **avoid your triggers** and **take your controller every day** if you have one.

Be IN CONTROL of Your Asthma!

If you don't take ACTION to control your asthma, you *may* end up following the path below.



IS YOUR ASTHMA OUT OF CONTROL?

Talk to your doctor about getting controller medicine if:

- You use your quick reliever medicine for symptoms more than **2** times a week. –OR–
- You have nighttime symptoms more than **2** times a month.