

Tracking Your ASTHMA



AlohaCare

For a healthy Hawaii.

Life is full of changes. Sometimes it can expose you to new asthma triggers. Have you moved to a new area? Are you working in a different place? Keeping an asthma diary can help you track your asthma and your body's response to different environments and medicine. Here are helpful tips on keeping an asthma diary.

Patterns in your asthma can change with your age and environment. An asthma diary can help you keep track of these changes over time. It might also show you how your asthma is affected by daily habits and seasonal changes. As you find patterns in your attacks, you will learn how to control your asthma better.

USE AN ASTHMA DIARY TO KEEP A RECORD OF:

- Peak-flow numbers. These measurements show how much air you can exhale. Talk with your doctor about how to use a Peak-flow meter.
- Your daily controller medicines
- How your body feels after exercise and other activities
- Your breathing during the day
- Asthma attacks:
 - symptoms
 - medications taken
 - response to medications
 - your location
 - your activity
- Things to discuss with your doctor
- Results from changes in medicines and lifestyle



ACTIVITY

Use the chart below as a guide to start your own asthma diary.

Dates	Peak Flow #	Medicine Taken	How You feel	Attack/ Flare-Up details	Talk to Your Doctor About

TEAM ASTHMA CONTROL

Controlling asthma is often a team effort. Family and close friends can help you:

- Learn about asthma facts
- Prepare your treatment plan
- Know how to use your medicines correctly
- See signs that an asthma attack is coming
- Get rid of asthma triggers
- Get you safely through an asthma attack



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本文件內含來自AlohaCare

的重要訊息。您可要求本文件的伊洛卡諾文、越南文、繁體中文和韓文等書面版本。免費提供。

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