
Section 4

Treatment

Goals

Treatment Goals

Most asthma patients can become free of symptoms with proper treatment. You should not accept having symptoms as normal.

In general, the goals of your asthma treatment should be:

- Few, if any, asthma symptoms during the day (wheezing, coughing, shortness of breath, chest tightness)
- Sleeping through the night
- No time off from school or work due to asthma
- Full participation in physical activities
- No asthma attacks
- No emergency room visits or stays in the hospital
- Normal or nearly normal peak flow measurement
- Few or no side effects from asthma medicine

What are your personal goals in managing your asthma?

Are you meeting the above goals? This notebook contains important information to help you manage your asthma successfully. Your team consists of your doctor, respiratory therapist, nurses and your family. You need to work closely with your team to meet these goals. Families are always concerned and want to be helpful. Discuss with your family what is most helpful. Talk about specific ways you want help.

As you learn about your illness, be sure to:

- 1) Keep your doctor appointments. If you are unable to come to an appointment, be sure to call and schedule another appointment.
- 2) Give information. Tell your doctor what you expect at each visit. Show your doctor your peak flow readings. Tell your doctor about your symptoms. Show your doctor how you take your medicines. **Bring your inhalers and peak flow meter with you to each visit.**
- 3) Make sure you and your doctor decide and agree on an Asthma Action Plan. This plan includes a list of your medicines with how and when to take them.
- 4) Ask questions! Write down any questions you have in this book. Share your questions with your doctor.
- 5) Be honest with your doctor. Tell him how you are feeling. Tell how you are doing in controlling and caring for your asthma. Tell him any problems you are having with your action plan.
- 6) Follow directions. Take your medicines as your doctor has instructed you. Do not skip doses. If you have a problem with your medicine, let your doctor know.
- 7) Let your doctor know about any other health care providers you are seeing including nontraditional or alternative medicine providers.
- 8) Know how and when to get in touch with your doctor and when to use emergency services.