



*Perfect for hospitals, health plans, businesses, public health agencies or other community-based organizations. Contact your local American Lung Association to learn more.*

## Breathe Well, Live Well®

### The Guide to Managing Your Asthma at Home and Work

Our empowering self-help guide explains asthma and shows individuals how to develop self-management skills and build support teams at home and at work.

Ideal for newly-diagnosed individuals, those who want to better control their symptoms, and those who just want to learn more keeping their asthma well controlled, the guide includes a tear-out emergency phone numbers card and Asthma Action Plan, plus links to videos and free downloadable resources.

The guide emphasizes important steps for asthma self-management:

- Understanding asthma and how it affects breathing
- Working with health-care providers and employers
- Learning about asthma-control medicines
- Learning how asthma relates to other health conditions
- Identifying triggers, tracking symptoms, making an asthma action plan
- Forming good health habits



Best in Show  
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Asthma impacts adults at work and at home every day.

Breathe Well, Live Well® can help.

**What Is an Asthma Flare-Up?**

When you breathe in an asthma trigger, you can feel short of breath or like you can't get a full breath of air. This can lead to an asthma flare-up, also known as an asthma episode, or "attack."

**Breathing With Well-Controlled Asthma**

- Easy to take in a breath
- Muscles on outside of airways are relaxed
- Small amount of mucus is present in airways to trap irritants so you can cough them out

**Breathing During an Asthma Flare-Up**

- Airways become more inflamed
- Muscles around airways tighten
- Extra mucus is produced
- Airways narrow
- Breathing becomes more difficult
- Action must be taken to relieve symptoms

**VideoConnect**

Scan to watch our "What Is Asthma?" animation and learn more. Or, view it online at [www.Lung.org/whatisasthma](http://www.Lung.org/whatisasthma).

Readers can view videos or download free resources by scanning the code with their smartphones — or they can view them at [www.Lung.org](http://www.Lung.org)

**Knowing Your Triggers**

As you just learned, triggers are the things that cause asthma symptoms and flare-ups. Not sure what your triggers are? Think about asthma flare-ups you've had in the past. Ask yourself:

- When did my asthma start getting out of control?
- Where was I?
- What allergens or conditions were present?
- What was I doing?
- What mood was I in?

Once you know what triggers cause your symptoms, you can take action to avoid them. You'll learn more about this in Lesson 4.

**Common Triggers**

- Smoking and secondhand smoke
- Wood smoke and fires
- Outdoor air pollution
- Dust and dust mites
- Cockroaches
- Pets, animal dander
- Mold and mildew
- Pollen
- Strong odors (e.g., hairspray, air fresheners, cleaning products)
- Respiratory infections
- Physical activity/exercise
- Strong emotions (e.g., stress, crying and even laughing)
- Cold air/extreme heat

**3 Ways to Deal With Your Triggers**

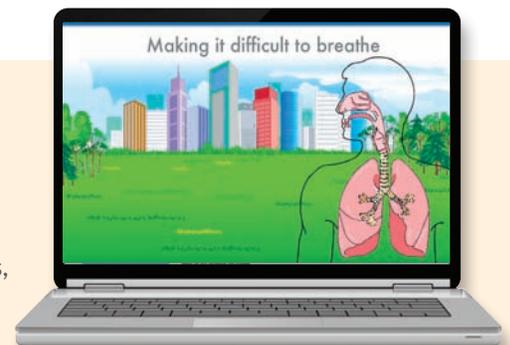
- Avoid them.** Whenever possible, make sure your environment is free of the things that cause your asthma symptoms.
- Limit your exposure.** If you are suddenly faced with a trigger, move away from it as quickly as possible.
- Take action.** If you know you'll be around a trigger you can't avoid, ask your health-care provider if you can use your quick-relief medicine to prevent a flare-up.

Presents information clearly and helps readers take action

Breathe Well, Live Well® is available in English, Spanish, Print, and eBook editions!

**Also Available: Asthma Basics**

Asthma Basics is a free one-hour online learning tool that helps people learn about asthma. It's ideal for frontline healthcare professionals (school nurses, community health workers) as well as anyone with asthma, parents, caregivers, friends, and family. Learn more at [www.Lung.org/asthmabasics](http://www.Lung.org/asthmabasics).



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