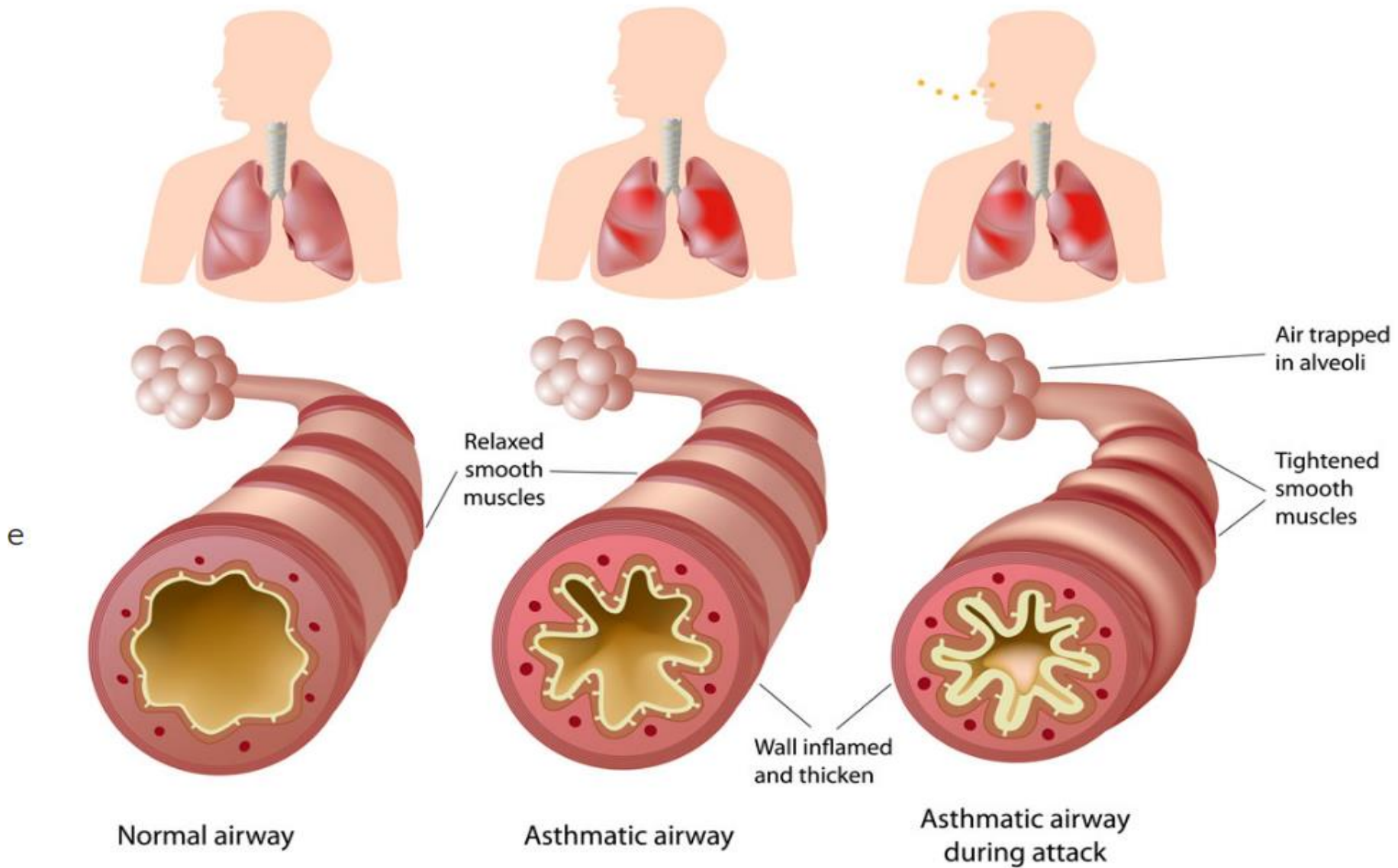
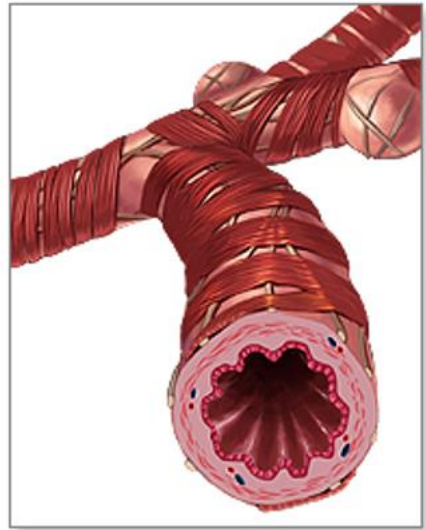


Pathology of Asthma



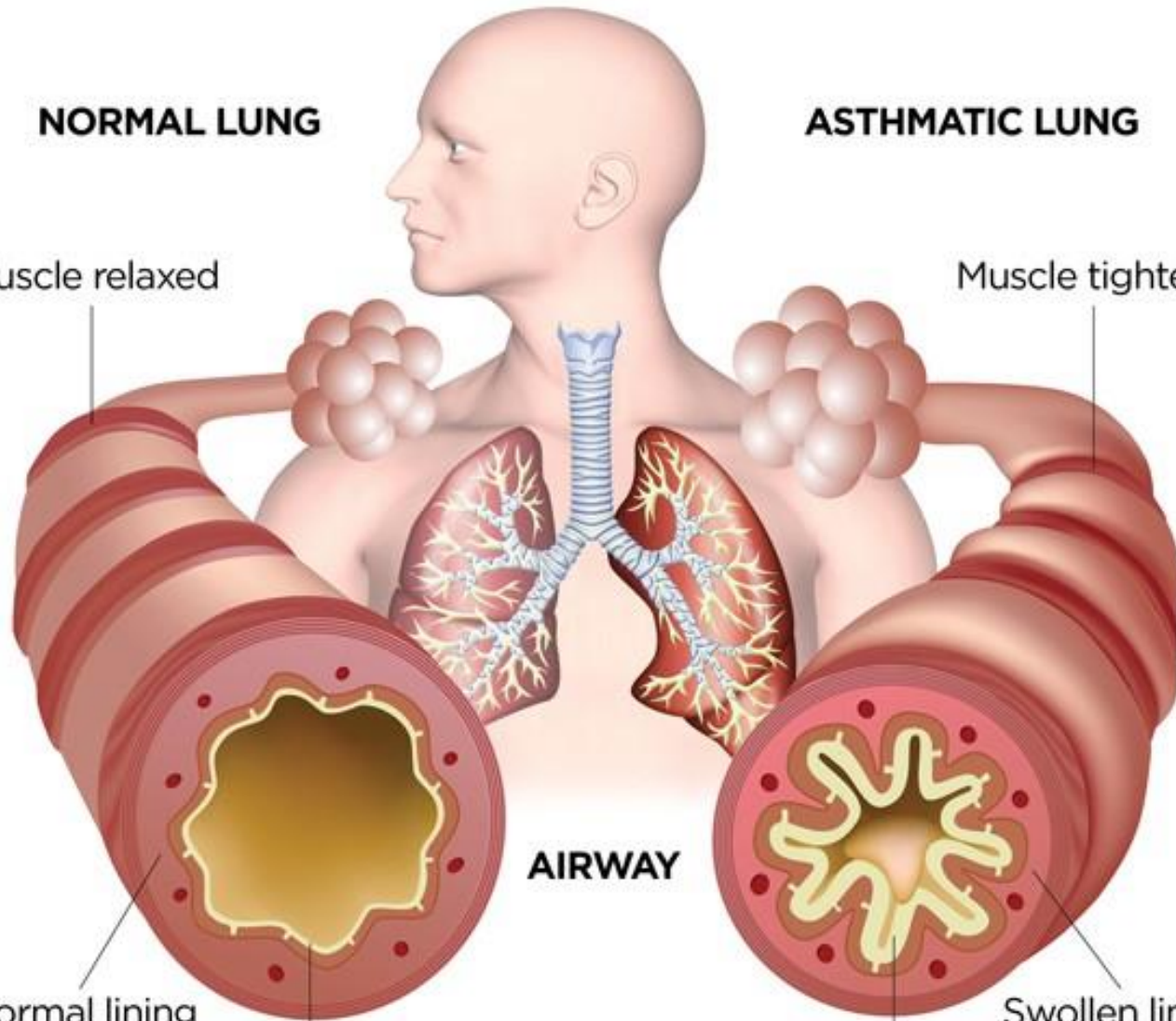


NORMAL LUNG

Muscle relaxed

Normal lining

Normal amount
of mucus



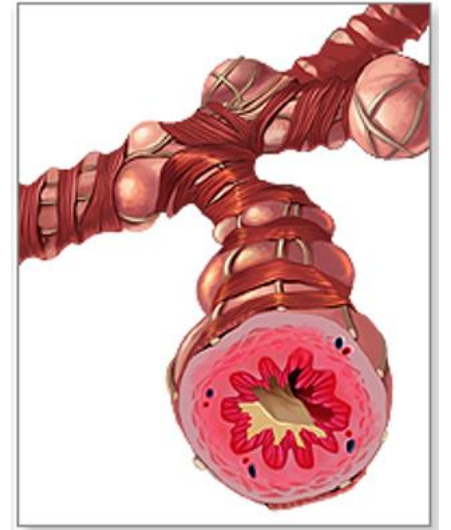
AIRWAY

ASTHMATIC LUNG

Muscle tightens

Swollen lining

Excess mucus



What is asthma?:

Asthma is a disease of the airways. Air enters and exits the lungs through airways. When you have asthma, your airways aren't able to function as well as they should. Asthma causes inflammation, or swelling, in the lungs. It can also cause squeezing, called bronchoconstriction and extra sensitive or irritable airways. This makes it more difficult to breathe. When you have asthma, your airways aren't able to function as well as they should.

When something bothers your airways, you have trouble breathing. This is called an asthma attack or episode. It gets harder to breathe because the tiny muscles around your airways squeeze tightly and they have swelling inside. Your lungs will make more mucus inside your airways, which makes it even harder to breathe. These changes in your airways can cause coughing and wheezing.

What is the treatment for asthma?:

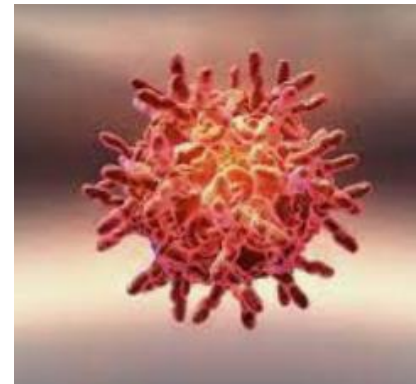
You and your providers will come up with a plan to treat and manage your asthma. It often involves a blend of medication and avoiding your asthma triggers which can help reduce swelling and relax tight muscles in your airways. An asthma action plan is an important tool to help you know when and how to treat your asthma symptoms.

How to prevent an asthma attack?:

The best way to prevent an asthma attack, is to follow your treatment plan. Learn your triggers and avoid or reduce your exposure to them. Take your allergy and asthma medicines when you should. Refer to asthma action plan as soon as you start to notice symptoms of your asthma.

What are asthma triggers?:

Asthma symptoms can appear when you are exposed to a trigger. A trigger is something you are sensitive to that makes your airways become inflamed. This causes swelling, mucus production, and narrowing in your airways. Common asthma triggers are dust mites, mice, cockroaches, animal allergens, molds, exercise, scents/fragrances, certain gases, smoke, viruses, air pollution and weather.



What are some of your child's asthma triggers?

Dust Mites:

- Use bed casing
- Wash linens in hot water
- Remove stuffed toys

Mice/Cockroaches:

- No food in bedroom
- Food and water in closed containers
- Plug holes in walls and doors

Pets:

- Limit exposure to pets if allergic
- No pets in bedroom

Second Hand smoke:

- Limit exposure
- No smoking in home or car
- Quit smoking q Water and vinegar

Mold:

- Fix leaky faucets
- Clean mold areas with vinegar

Exercise and Physical Activity

Respiratory Infections

- Cold

- COVID
- Flu
- Pneumonia

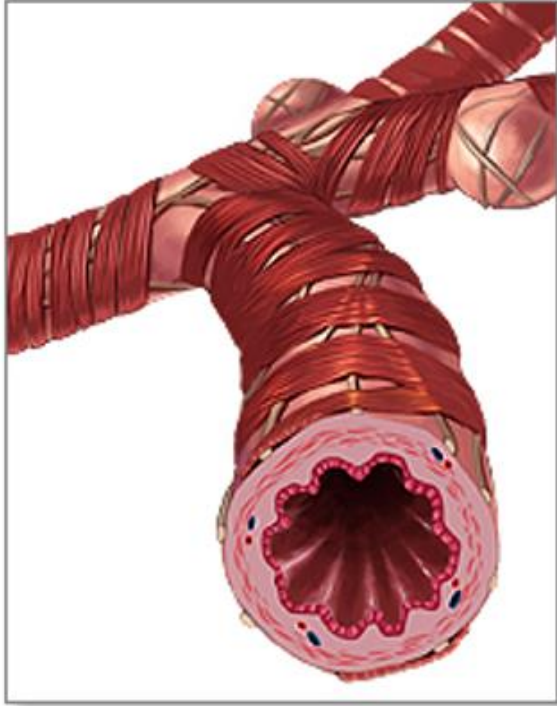
Weather

- Dry wind, cold air, or sudden changes in weather or temperature can sometimes bring on an asthma episode.

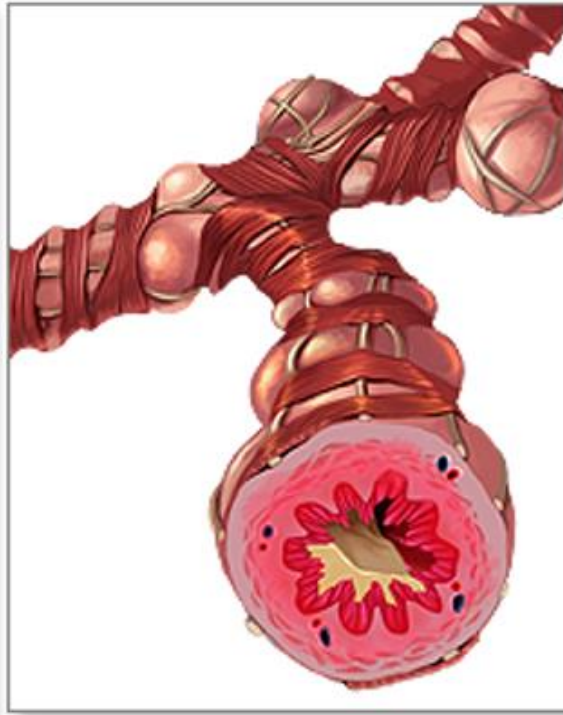
What are the signs that my child's asthma is getting worse?

Moderate Signs • Coughing, especially at night • Out of breath • Wheezing • Chest tightness

Severe Signs • Very fast or hard breathing • Sucking in between ribs • Difficulty walking or talking • Lips or fingers turn blue



Normal Airway



Asthmatic Airway



Step 1

Carefully examine the product for damage, missing parts, or foreign objects. Remove any foreign objects prior to use. The product should be replaced IMMEDIATELY if there are any damaged or missing parts. If necessary, use the Metered Dose Inhaler (MDI) alone until a replacement is obtained. If the patient's symptoms worsen, please seek immediate medical attention.



Step 2

Remove cap from the MDI.



Step 6

Press the MDI at the beginning of a slow inhalation as the **Flow-Vu**[®] Inspiratory Flow Indicator moves toward the patient. Use the **Flow-Vu**[®] Inspiratory Flow Indicator to count breaths. Maintain seal for 5-6 breaths after the MDI is pressed. **Administer 1 puff at a time.**



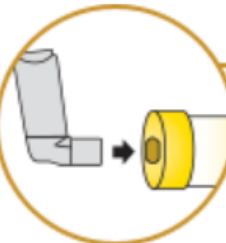
Step 3

Shake the MDI immediately before each use as per the instructions supplied with the MDI.



Step 7

Follow instructions supplied with the MDI on how long to wait before repeating steps 3-6 as prescribed.



Step 4

Insert the MDI into the backpiece of the chamber.



Step 5

Apply mask to face and ensure an effective seal. The **Flow-Vu**[®] Inspiratory Flow Indicator (IFI) only moves if a good seal is created.