Managing your child’s asthma with Philips

Did you know that 14% of the world’s children experience asthma symptoms?1 An asthma diagnosis can be unnerving, but if it’s well managed your child can do all the things they love to do. To help you understand more about asthma and how you can help your child stay in control, follow these six simple steps:

1 | Asthma is best managed with medication

Although there’s no cure for asthma, there are medicines that will help to relieve symptoms and cut the risk of an attack. The treatment package your child is prescribed may include:

**Reliever inhalers**
Short acting to provide the spot relief for asthma and shortness of breath by widening the airways.

**Controller inhalers**
Reduce the swelling and inflammation in the airways.

**Combination inhalers**
Contain both a long-acting reliever and a preventer medicine.

**Mucolytics**
Medications which help make mucus thinner and therefore easier to clear.

**Antibiotics**
Prescribed as a last resort to treat or control persistent infection.

2 | Know how to use your device

It’s a common misconception that asthmatic children shouldn’t exercise. Actually, as long as your child is managing their asthma well, regular exercise can help relieve symptoms, improve lung function and strengthen the immune system.

Symptoms can vary from child to child and it’s important that your child is comfortable using their device correctly.

3 | Make symptom tracking fun

Track your child’s symptoms – or simply by using a wall chart and stickers – they’ll learn to recognize possible triggers that make their asthma worse. Choose from pollen, exercise, cigarette smoke or emotions like stress.

4 | Stay active!

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5 | It’s good to talk

Talk to your child about their condition regularly, and help put their mind at ease. A child who understands their asthma will:

Feel less frightened about the prospect of an asthma attack

Be able to communicate their asthma symptoms to others

Be more confident about living with their condition

6 | Create a healthy environment

Indoor air has a number of irritants that can be key to triggering your child’s case of persistent triggers.

Poor ventilation in homes could cause problems for those with respiratory issues. Where possible, keep windows open and try to avoid smoke and pollution. From indoor to outdoor pollution levels as this can trigger your child’s symptoms.

Check the effectiveness of your air conditioning or heating system in place. Proper air flow, filtration and control of humidity will improve indoor air.

If pet hair flares symptoms, keep animals off furniture. An air purifier in your child’s room can help to reduce allergens.