

HOW TO RECOGNISE AN ASTHMA ATTACK

Symptoms of an asthma attack can sometimes occur suddenly. At times, an asthma attack can almost 'sneak up on you' with signs and symptoms getting worse over a longer period of time. It is important that you recognise when your asthma is getting worse and to let someone you can trust know and get you the help that you need.

You may have one or more of these symptoms during an asthma attack:



WHEEZE AND BREATHLESSNESS

You will find that it gets harder to breathe during an asthma attack. You may feel breathless on doing your usual daily activities (e.g. walking, talking, and even eating!). You may have a sensation of chest tightness or pain. Most people with asthma will have a wheeze (whistling noise heard on breathing in and out) during an attack, however some may not.



COUGHING

You may find that you are coughing more throughout the day and night, hence impacting on your quality of sleep and ability to function during the day.



USING YOUR RELIEVER INHALER MORE FREQUENTLY

It is important to recognise that if you are using your reliever inhaler more frequently, this may be a sign of an impending asthma attack. Refer to your asthma action plan when this happens. If you are at the point of using it more frequently than 4 hours, you need to seek urgent medical attention.



REDUCED PEAK FLOWS

A peak flow meter reading gives you an idea of how 'tight' your chest is. Your peak flows will be reduced in the midst of an asthma attack.