



**ASTHMA EDUCATIONAL RESOURCES:
DESCRIPTION AND LINKS FOR LEAFLETS**

<p>What is Asthma?</p>	<p>What is Asthma? How is it treated? What triggers asthma? These questions and more are answered in the <u>What is Asthma</u> leaflet.</p> <p>https://www.asthmasa.org/2023/wp-content/uploads/2023/09/What-is-Asthma.pdf</p>
<p>Sports and Asthma</p>	<p>Should asthmatics be encouraged to lead a completely normal life with regular exercise? Absolutely! You can have an active life with well controlled asthma.</p> <p>https://www.asthmasa.org/2023/wp-content/uploads/2023/09/Sports-and-Asthma-1.pdf</p>
<p>Risk Factors for Asthma</p>	<p>With asthma there are two different types of risk factors. There are risk factors for developing asthma, and there are separate risk factors for those who already have asthma getting a severe asthma attack. Explore these more.</p> <p>https://www.asthmasa.org/2023/wp-content/uploads/2023/09/Risk-Factors-Triggers.pdf</p>
<p>Control your Asthma</p>	<p>Asthma usually causes symptoms over a long period and cannot be cured. But asthma can be kept under control so that those affected are able to live normal lives enjoying full involvement in sport and all other activities.</p> <p>https://www.asthmasa.org/2023/wp-content/uploads/2023/09/Keeping-Asthma-Under-Control.pdf</p>
<p>Lung function Tests</p>	<p>Lung function tests are any tests done that measures the functioning of the lungs. Some of these tests need sophisticated machines and highly trained staff, but some can be done by the patient at home. What's involved and why is it done?</p> <p>https://www.asthmasa.org/2023/wp-content/uploads/2023/09/Lung-Function-Tests-in-Asthma-1.pdf</p>
<p>Asthma and Pregnancy</p>	<p>As a pregnant woman with asthma you may have concerns about her asthma as well as her medications. How will my pregnancy affect my asthma? How will my asthma affect my pregnancy.</p>

	<p>https://www.asthmasa.org/2023/wp-content/uploads/2023/09/Pregnancy-in-Asthma.pdf</p>
Allergy and Asthma	<p>An allergy is when someone has a bad reaction to something in the environment that other people can tolerate. We get allergies when our bodies defence system hurts us instead of protecting us. Learn more about allergies and asthma.</p> <p>https://www.asthmasa.org/2023/wp-content/uploads/2023/09/Asthma-Allergies.pdf</p>
Asthma Medicines	<p>Medicines can be confusing. What are controller and reliever medicines? When do I use them? All these questions and more are answered in the <u>Asthma Medicines and how they work</u> leaflet.</p> <p>https://www.asthmasa.org/2023/wp-content/uploads/2023/09/Asthma-Meds.pdf</p>
Asthma in children under 5 years old	<p>What is different about asthma in children under 5 years old? How do you know if your child has asthma? This leaflet discusses various topics relating to children under 5 years old.</p> <p>https://www.asthmasa.org/2023/wp-content/uploads/2023/09/Asthma-in-Children-under-5-years.pdf</p>
Asthma Action Plan	<p>With the help of your doctor, every asthmatic should have an Asthma Action Plan on hand. This will spell out how to treat your asthma daily, and what to do when your symptoms get worse. A must for schools, caregivers or employers.</p> <p>https://drive.google.com/file/d/1qudWJZ5wXmNgah-gL5K6W3la5pmPS9Bx/view</p>
Asthma Diary	<p>Track your Asthma symptoms, medications you take, and things that trigger asthma attacks. This diary will help you understand your asthma and prevent serious problems.</p> <p>https://drive.google.com/file/d/1mbucSAklyrlbUHJYx2R1j7oRNE5NDL_N/view</p>
Asthma Medicine Poster	<p>A South African Asthma medicine poster for doctors and public alike. This poster is updated every few years, and details the latest asthma medicine on the South African market – controller, anti-inflammatories, long acting bronchi, relievers, and combination medicines.</p> <p>https://www.asthmasa.org/2023/wp-content/uploads/2024/03/Asthma-Poster-2024-v11.pdf</p>