

ASTHMA: ANNUAL REVIEW

When should i go?

- Adults - once a year
- Under 16s - twice a year

What are the Symptoms?

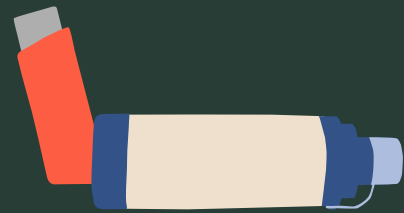
- Wheezing
- Breathlessness
- Tight chest
- Coughing

12%

OF THE UK
POPULATION
HAVE ASTHMA

What are the complications?

- Feeling tired all the time
- Stress, anxiety or depression
- Lung infections
- Delays in growth



What are the common trigger?

- Allergies
- Smoke, pollution, cold air
- Exercise
- Cold/Flu



If you are using your reliever inhaler more than 3 times per week or at night it is important to see a Doctor within 24hrs

Why should I attend the Annual Review?

It will help reduce unwanted hospital admissions during the year by:

- Tests such as spirometry or peak flow
 - Checking inhaler technique
 - Talking about risk and prevention of an asthma attack
 - Updating your written action plan
 - Reviewing your medications
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Visit: <https://www.nhs.uk/conditions/asthma/>

*Written and Designed by
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