

Coping With an Asthma Attack

Learning to deal with an asthma attack is an important factor in dealing with asthma.

Knowing what to do and when.

In order to keep asthma under control and lead an ordinary life you need to learn to deal with your illness. An asthma attack can be a terrifying ordeal, and not only for children. Every year, thousands of people -young and old alike- have to be taken to hospital to have their asthma treated under emergency conditions. What is worse, thousands of people are still dying annually and it is estimated that 90% of these tragic deaths could easily be avoided. In the United Kingdom for example, it is estimated that around 1400 people die each year from an asthma attack. That is nearly four people every day.

It is a sad state of affairs in which people die needlessly. By learning to deal with asthma you not only get peace of mind, but it could very well save your life. If you are an adult and have recently been diagnosed as having asthma, the first item on your list should be to find information. Now I assume you are reading this for the right reasons so you are off to a good start. Read all you can about your illness. Become an expert on the subject. The more you know about asthma and what happens when you get an asthma attack, the more confident you are likely to be when faced with the reality.

A diary is a good way to start. Make a list of all the questions you need answers to. Go to the public library and try to answer those questions. Find out what triggers your asthma attack. Then go to see your doctor again and clear up any doubts you may still have. Your doctor may have mentioned a peak flow meter. This is a tube like instrument that you use every day to measure how well your lungs are working. It is said to be effective in predicting when an asthma attack is going to happen. In the event of an attack, the single most important fact to remember is to keep calm. While in the beginning this may seem difficult, by the time you are a seasoned asthma sufferer it becomes second nature. Keep your hands palms down on your lap, focusing on breathing slowly and calmly, and not trying to take big gulps of air. If after five to ten minutes the asthma attack subsides you can go back to whatever it was that you were doing. But if symptoms persist, get yourself off to the hospital or call an ambulance. Don't worry about causing a fuss. It doesn't matter if it is the middle of the morning or the middle of the night, your health and safety come first.

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About the Author - Karon Beattie is a former asthma sufferer. She is the author of several books including "Naturally Free From Asthma" which describes how she eliminated her own asthma. This book has helped many other sufferers WorldWide do the same.

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