

# Asthma Assembly



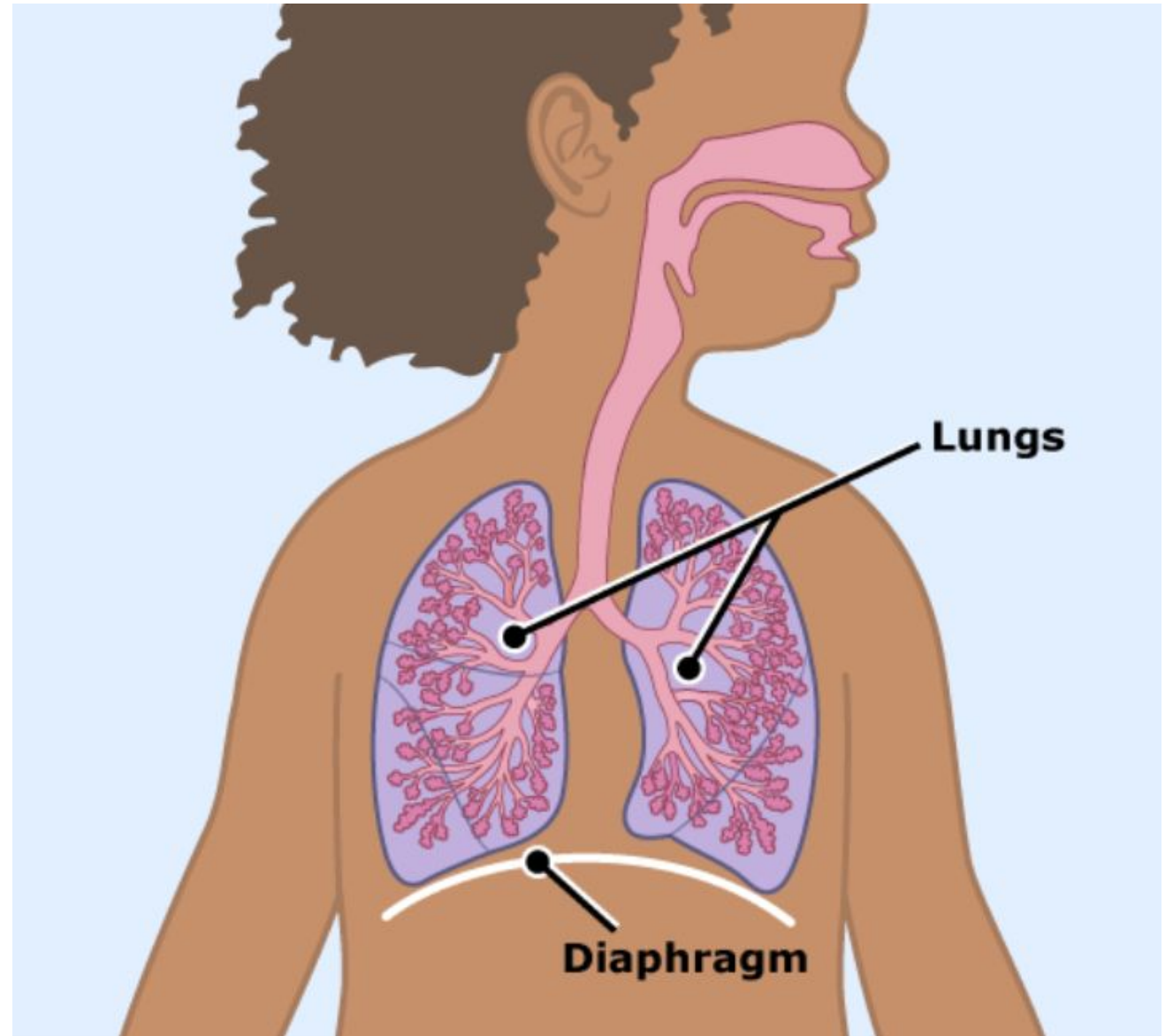
**Child Health and Wellbeing Network**  
North East and North Cumbria



**Which one of these children has asthma?**








**How big are our  
Lungs?**





**What do lungs look like close up?**

# Fascinating facts about breathing

	<p>If you could spread out the tubes in your lungs they would reach for many hundreds of miles.</p>		<p>In adults, the lung tubes would fill a tennis court.</p>
	<p>We breathe 22,000 times per day.</p>		<p>We breathe in oxygen and breathe out less oxygen and carbon dioxide</p>
 <p>The lungs get oxygen in, and the heart pumps it around the body.</p>			

**NORMAL LUNG**

**ASTHMATIC LUNG**

Muscle relaxed

Muscle tightens

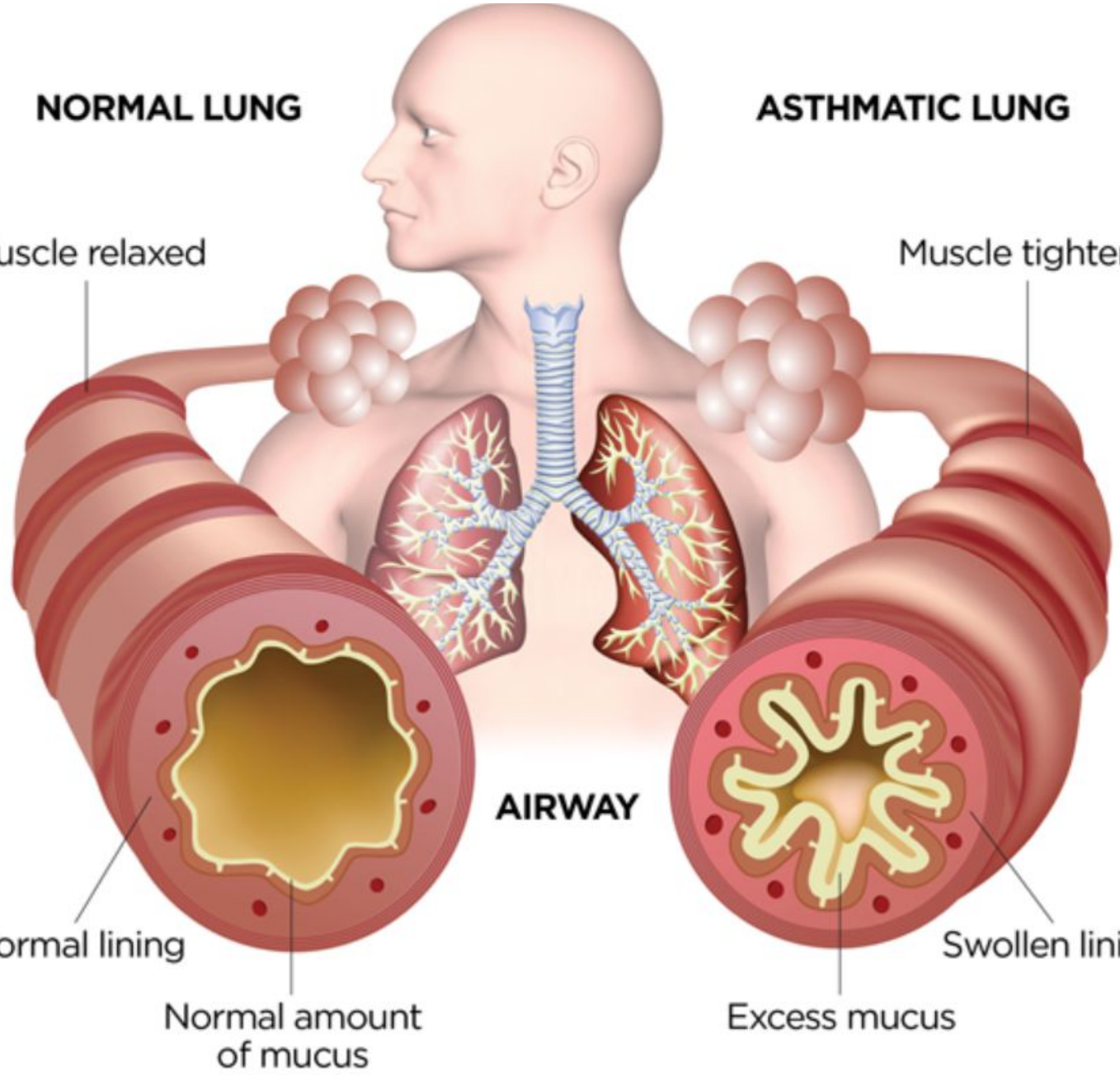
Normal lining

Normal amount of mucus

**AIRWAY**

Swollen lining

Excess mucus



# What do children say about asthma?

- It makes me cough.
- My breathing whistles
- It is harder to breathe
- I feel like my chest is getting squeezed.
- It is hard for me to run
- I sometimes miss school and my friends



# What makes asthma better?

- Inhalers and medicine prescribed by a Doctor, or a Nurse can make asthma better and is taken every day.
- Blue inhalers help your airways to relax and help you to breathe



## INHALED CORTICOSTEROIDS



**Beclomethasone**  
50, 100, 200, 250 mcg  
Beclazone CPC Free Inhaler



**Beclomethasone**  
50, 100, 200, 250 mcg  
Beclazone Easy-breathe



**Beclomethasone**  
50, 100, 250 mcg  
Beclotide Inhaler



**Budesonide**  
200, 300, 400 mcg  
Pulmicort Turbohaler



**Ciclesonide**  
80, 160 mcg  
Alvesco Inhalation Aerosol



**Fluticasone**  
50, 100, 250, 500 mcg  
Flootide Inhaler



**Fluticasone**  
50, 125, 250 mcg  
Flootide Inhaler



**Mometasone Furoate**  
200, 400 mcg  
Ammanex Turbohaler

## COMBINATION INHALERS



**Budesonide/Formoterol**  
80/4.5, 160/9, 320/18mcg  
Budesix Easyhaler



**Budesonide/Formoterol**  
160/4.5 mcg, 320/9mcg  
DuoResp Spiracide



**Budesonide/Formoterol**  
100/9, 200/9, 400/18 mcg  
Symbriant Turbohaler



**Fluticasone/Formoterol**  
50/5, 125/5 mcg  
Futiform Inhaler



**Fluticasone/Formoterol**  
16/5, 32/5, 64/10 mcg  
Futiform pMDI



**Fluticasone/Vilanterol**  
50/22 mcg, 104/22 mcg  
Relvar Ellipta



**Salmeterol/Fluticasone**  
50/500 mcg  
Aerlio Spiracide pMDI



**Salmeterol/Fluticasone**  
50/250, 50/500 mcg  
Aerhaler Pa Respir



**Salmeterol/Fluticasone**  
25/125, 25/250 mcg  
SevRo pMDI



**Salmeterol/Fluticasone**  
50/100, 50/250, 50/500 mcg  
Serevite Inhaler



**Salmeterol/Fluticasone**  
25/50, 25/125, 25/250 mcg  
Serevite Inhaler



**Salmeterol/Fluticasone**  
25/225, 25/250 mcg  
Serevite pMDI

## SHORT ACTING BRONCHODILATORS



**Salmeterol**  
20 mcg  
Aerovest pMDI



**Salmeterol**  
100 mcg  
Salmol Easy-breathe



**Salmeterol**  
100 mcg  
Salmol pMDI



**Salmeterol**  
200 mcg  
Yemulin Inhaler



**Salmeterol**  
200 mcg  
Ventolin Inhaler



**Terbutaline**  
500 mcg  
Bricanyl Turbohaler

## LONG ACTING BRONCHODILATORS



**Formoterol**  
12 mcg  
Foradil Aerohaler



**Formoterol**  
6, 12 mcg  
Oxlo Turbohaler



**Salmeterol**  
50 mcg  
SevRo Inhaler



**Salmeterol**  
25 mcg  
Serevite Inhaler



**Salmeterol**  
2.5 mcg  
Spiriva Respimat

## SPACER DEVICES



Able spacer 2/ A2A/ with mask



Aerochamber



Aerochamber with Mask



Babyhaler



Free-breathe with mask / mouthpiece



Volumatic

# How can you help someone with asthma?

1

Tell them they will be ok when they are feeling unwell.

2

Get help if you see someone who is finding it hard to breathe

3

Help them get their inhaler if you can it is usually blue .

4

Stay calm and keep talking to them .

5

Encourage them to keep taking their blue inhaler until they feel better.

# Aliesha's story



**Thank you**



**Child Health and Wellbeing Network**  
North East and North Cumbria

