

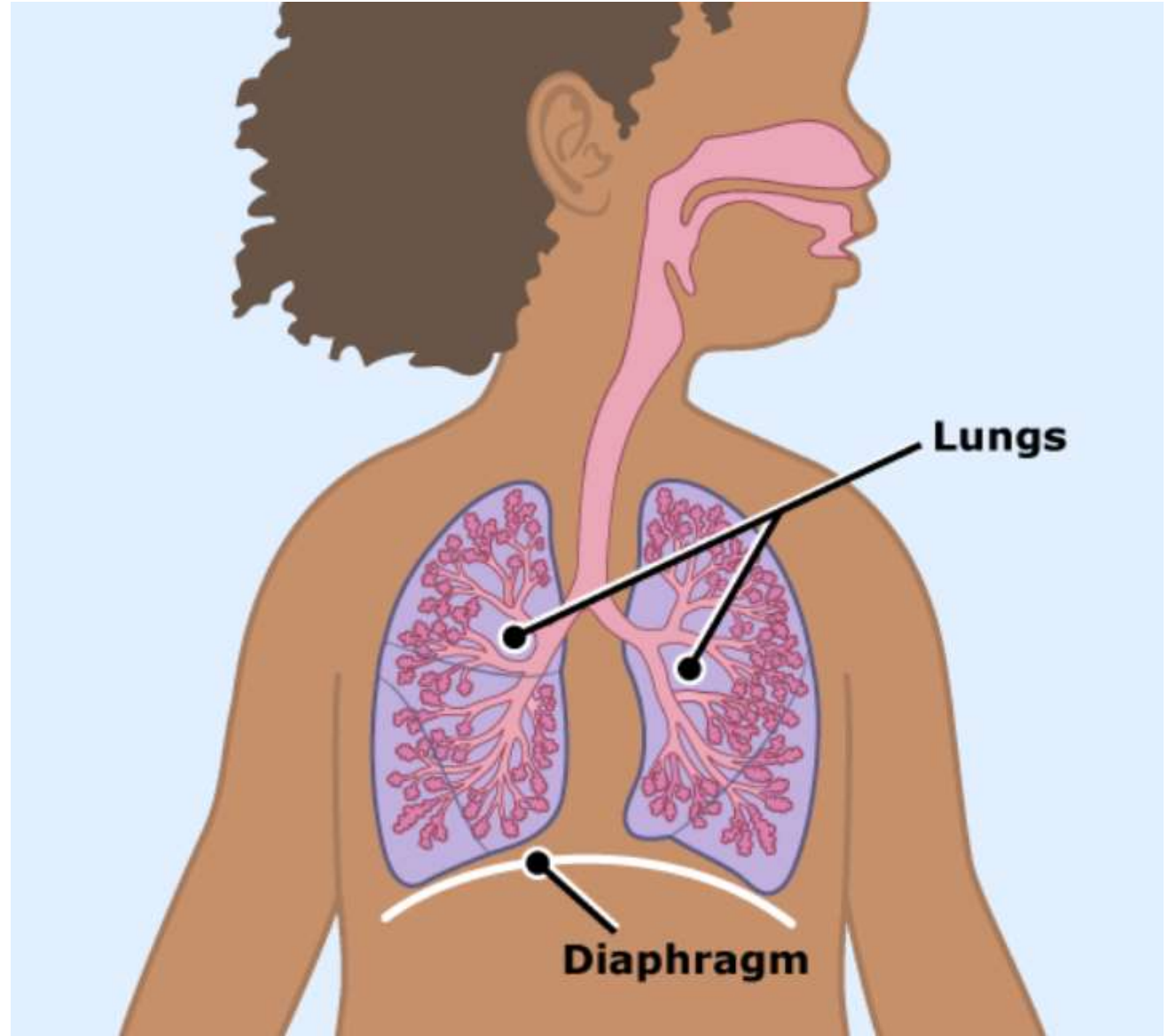


Asthma Assembly

Which one of
these
children have
asthma?



How big are
our lungs ?

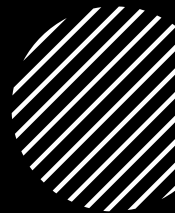


What do lungs look like close up ?





Fascinating facts about breathing



If you could spread out the tubes in your lungs they would reach for many hundreds of miles.



In adults the lung tubes would fill a tennis court.



We breathe 22 000 times per day .



We breathe in oxygen and breathe out less oxygen and carbon dioxide



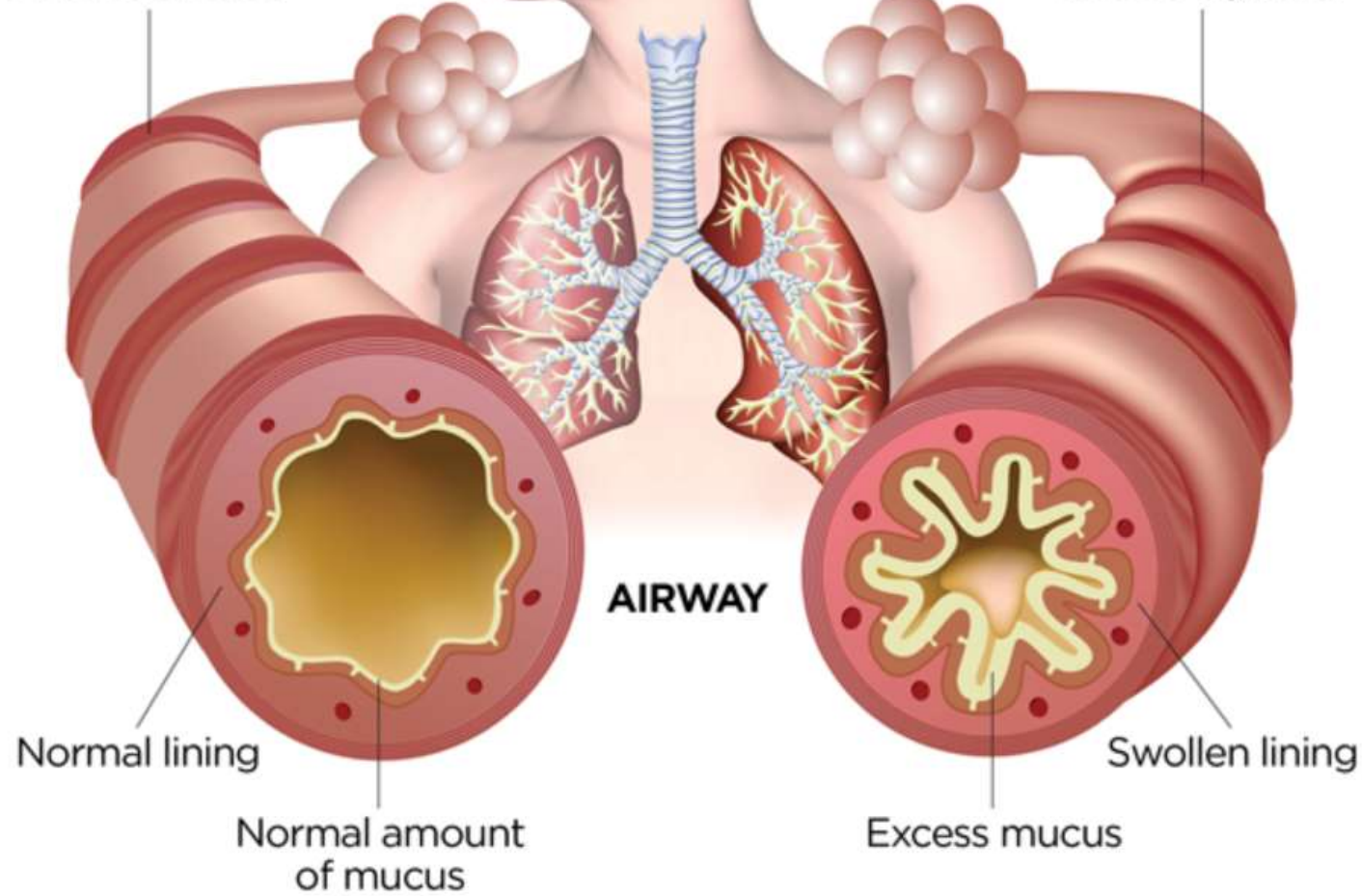
The lungs get oxygen in and the heart pumps it round the body .

NORMAL LUNG

ASTHMATIC LUNG

Muscle relaxed

Muscle tightens



AIRWAY

Normal lining

Normal amount
of mucus

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

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INHALED CORTICOSTEROIDS



Beclomethasone
 50, 100, 200, 250 mcg
 Beclomethasone EPC Free Inhaler



Beclomethasone
 50, 100, 200, 250 mcg
 Beclomethasone Easy-Breath



Beclomethasone
 50, 100, 250 mcg
 Beclomethasone Inhaler



Beclomethasone
 200, 300, 400 mcg
 Beclomethasone Turbohaler



Ciclesonide
 80, 160 mcg
 Advair Inhalation Aerosol



Fluticasone
 50, 100, 250, 500 mcg
 Fluticasone Diskus



Fluticasone
 50, 125, 250 mcg
 Fluticasone Inhaler



Mometasone furoate
 200, 400 mcg
 Asmanex Turbohaler

COMBINATION INHALERS



Budesonide/Formoterol
 80/4.5, 160/9, 320/18 mcg
 Duobid Turbohaler



Budesonide/Formoterol
 200/4.5 mcg, 320/18 mcg
 Duobid Turbohaler



Budesonide/Formoterol
 100/4.5, 200/9, 400/18 mcg
 Symbrinor Turbohaler



Budesonide/Formoterol
 50/4.5, 125/9 mcg
 Duobid Inhaler



Budesonide/Formoterol
 160/4.5, 320/9 mcg
 Duobid pMDI



Fluticasone/Vilanterol
 100/22 mcg, 150/22 mcg
 Relvar Ellipta



Salmeterol/Fluticasone
 50/250 mcg
 Advair Diskus pMDI



Salmeterol/Fluticasone
 50/250, 100/500 mcg
 Advair Diskus



Salmeterol/Fluticasone
 50/250, 100/500 mcg
 Advair pMDI



Salmeterol/Fluticasone
 50/100, 50/250, 50/500 mcg
 Serenide Diskus



Salmeterol/Fluticasone
 25/100, 25/250, 25/500 mcg
 Serenide Inhaler



Salmeterol/Fluticasone
 25/225, 25/500 mcg
 Serenide pMDI

SHORT ACTING BRONCHODILATORS



Salmeterol
 20 mcg
 Advair pMDI



Salmeterol
 50 mcg
 Salmeterol Fast-Breath



Salmeterol
 100 mcg
 Salmeterol pMDI



Salmeterol
 200 mcg
 Verinorb Diskus



Salmeterol
 100 mcg
 Verinorb Inhaler



Formoterol
 500 mcg
 Formoterol Turbohaler

LONG ACTING BRONCHODILATORS



Formoterol
 12 mcg
 Formoterol Aerosolizer



Formoterol
 8, 12 mcg
 Oxis Turbohaler



Salmeterol
 50 mcg
 Salmeterol Diskus



Salmeterol
 25 mcg
 Serenide Inhaler



Formoterol
 2.5 mcg
 Formoterol Inhaler

SPACER DEVICES



Aerochamber 2/ AQM/ with mask



Aerochamber



Aerochamber with Mask



Babyhaler



Freehaler with mask / mouthpiece



Valuatic

Prescribe medication according to product licence and evidence based guidelines

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.

Aleishas story



[Living with Asthma: Alisha's Story | BBC Teach - YouTube](#)



Any Questions ?

Thank you