

# Asthma Assembly



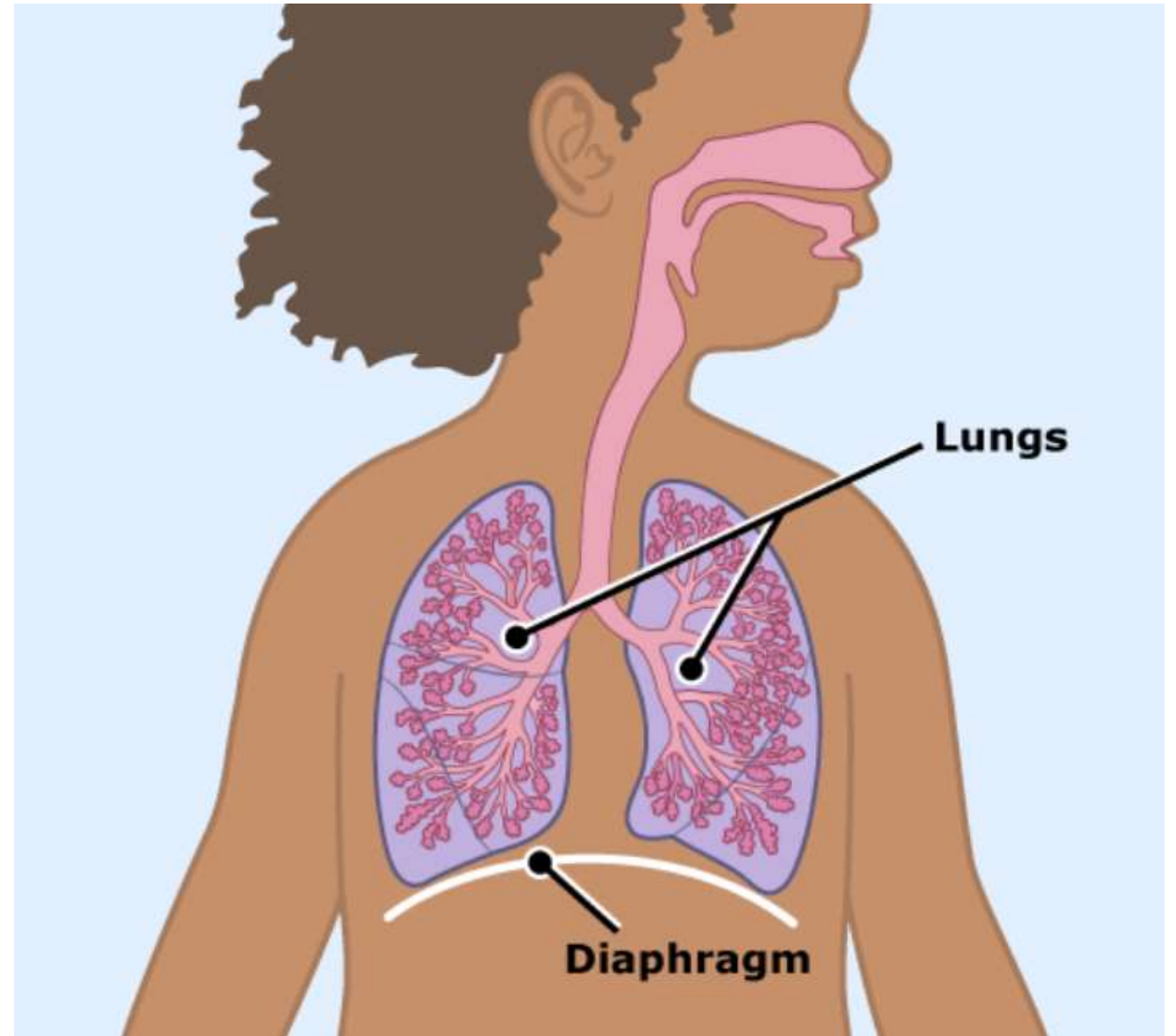
**Child Health and Wellbeing Network**  
North East and North Cumbria



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

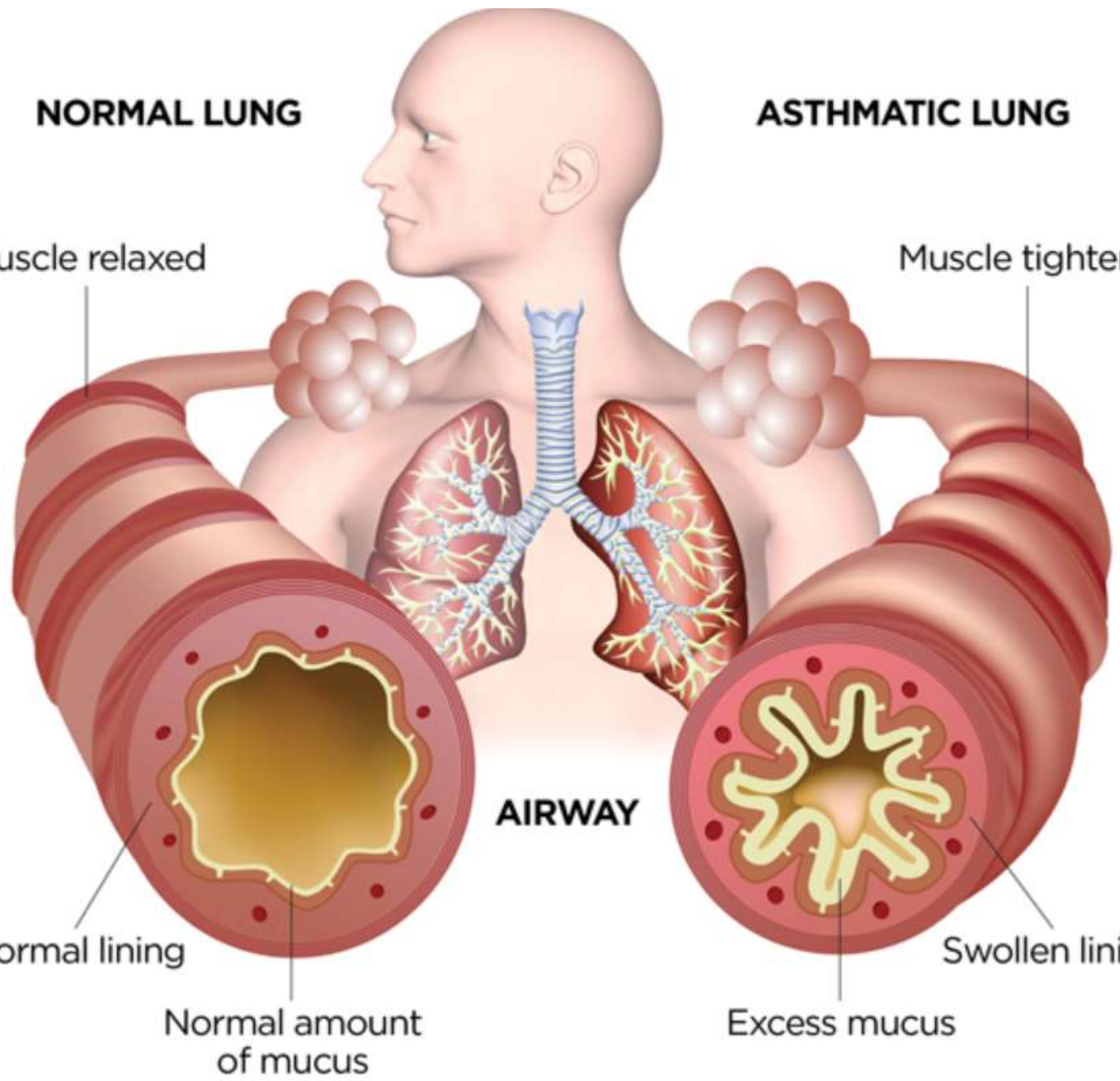
Normal lining

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



**Budesonide**  
 50, 100, 200, 250 mcg  
 Budesonide EPC Free Inhaler



**Budesonide**  
 50, 100, 200, 250 mcg  
 Budesonide Easy-Breathie



**Budesonide**  
 50, 100, 250 mcg  
 Budesonide Turbohaler



**Budesonide**  
 100, 200, 400 mcg  
 Pulmicort Turbohaler



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



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



**Fluticasone**  
 50, 125, 250 mcg  
 Flobeido Turbohaler



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

## COMBINATION INHALERS



**Budesonide/Formoterol**  
 80/4.5, 160/9, 320/18 mcg  
 Budesid Duohaler



**Budesonide/Formoterol**  
 320/4.5 mcg, 320/18 mcg  
 DuoResp Spirax



**Budesonide/Formoterol**  
 100/4, 200/8, 400/16 mcg  
 Symbrisk Turbohaler



**Fluticasone/Formoterol**  
 50/4.5, 125/9 mcg  
 Flutiform Inhaler



**Fluticasone/Formoterol**  
 50/4.5, 125/9, 250/18 mcg  
 Flutiform pliva



**Fluticasone/Vilanterol**  
 50/22.5 mcg, 100/45 mcg  
 Relvar Ellipta



**Salmeterol/Fluticasone**  
 50/250 mcg  
 Advair Spirax pMDI



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



**Salmeterol/Fluticasone**  
 25/210, 25/420 mcg  
 Sereno pMDI



**Salmeterol/Fluticasone**  
 50/100, 50/250, 50/500 mcg  
 Serenaxi Diskus



**Salmeterol/Fluticasone**  
 25/50, 25/125, 25/250 mcg  
 Serenide Turbohaler



**Salmeterol/Fluticasone**  
 25/225, 25/450 mcg  
 Sereno pliva

## SHORT ACTING BRONCHODILATORS



**Salmeterol**  
 20 mcg  
 Advair pMDI



**Salmeterol**  
 50 mcg  
 Salmol Easy-Breathie



**Salmeterol**  
 50 mcg  
 Salmol pMDI



**Salmeterol**  
 200 mcg  
 Verinid Diskus



**Salmeterol**  
 200 mcg  
 Verinid Turbohaler



**Terbutaline**  
 500 mcg  
 Bricanyl Turbohaler

## LONG ACTING BRONCHODILATORS



**Formoterol**  
 12 mcg  
 Foradil Aerosolizer



**Formoterol**  
 6, 12 mcg  
 Odis Turbohaler



**Salmeterol**  
 50 mcg  
 Serenaxi Diskus



**Salmeterol**  
 25 mcg  
 Serenaxi Turbohaler



**Salmeterol**  
 2.5 mcg  
 Sphera Respimat

## SPACER DEVICES



Aero-chamber 2/ Aero-chamber with mask



Aerochamber



Aerochamber with Mask



Babyhaler



Free-breath with mask / mouthpiece



Walmatic

# 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.

# Aliasha's story



Thank you



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

