



*Sleights &
Sandsend
Medical
Practice*

Main Surgery
Churchfield Surgery
Iburndale Lane
Sleights
Whitby
North Yorkshire
YO22 5DP
Tel: (01947) 810 466

Branch Surgery
Sandsend Surgery
Sandsend Road
Sandsend
Whitby
North Yorkshire
YO21 3SN
Tel: (01947) 894 948

Web: www.SleightsandSandsendMedicalPractice.nhs.uk
Email: HRWCCG.SandSMP-Admin@nhs.net

Living well with asthma

Having a better understanding of your asthma can help you to look after your health. Recognising when your asthma isn't as well controlled can reduce the risk of having an asthma attack and needing hospital care.

The aim of your asthma medicines is to help you live a symptom-free life.

- If you're not getting any wheezing, coughing, shortness of breath and/or tightness in the chest and your asthma isn't stopping you from sleeping well or getting on with your usual activities, you're managing your asthma well.
- If your asthma affects your daily life, wakes you up or makes you use your blue reliever inhaler three or more times a week, you need a review of your current asthma treatment. Please book an appointment with our Asthma nurse.

Attending your annual asthma review is an important part of managing your condition and keeping you well.

We have put together some useful resources to help you understand your asthma better

1. NHS website: <https://www.nhs.uk/conditions/asthma/>
2. Link to Asthma UK website: <https://www.asthma.org.uk/>
This is full of useful tips and videos giving more information about living with asthma, including:
 - how to improve your inhaler technique in 3 minutes
<https://www.asthma.org.uk/advice/inhaler-videos/>
 - asthma attack risk checker <https://www.asthma.org.uk/advice/manage-your-asthma/risk/>
 - resources <http://www.asthma.org.uk/advice/resources>
3. Easy to read "All About Asthma" booklet:
<https://www.asthma.org.uk/9b034474/globalassets/health-advice/resources/easy-read/allaboutasthma2019.pdf>
4. Booklet explaining how to live well with asthma:
<https://www.asthma.org.uk/e4bf8817/globalassets/health-advice/resources/adults/live-well-with-asthma-2019.pdf>

Peak Flow meter

Using your peak flow meter regularly can help you monitor your asthma and recognise when your condition is deteriorating. Please contact the surgery if you do not have a peak flow meter.

Link to peak flow diary: <https://www.asthma.org.uk/e3d165aa/globalassets/health-advice/resources/adults/peakflow2019.pdf>

The Asthma nurse can advise you on your 'best' and 'predicted' peak flow, this is when your condition is stable and you are not needing your preventer (blue) inhaler more than three times a week or more than once a week in the night. If your peak flow is below 70% of your best you must contact the surgery as you may need to oral steroids, if it falls below 50% this is a medical emergency and you must seek medical advice.

Leaflet information provided by Pharmacist Sarah Bryson
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Please note: some of the links above may be updated in the future; therefore if any of the links no longer work, please visit the main Asthma UK website: <https://www.asthma.org.uk/>