



CONTACT NEMS 聯絡東北: 1-888-500-1886 WWW.NEMS.ORG

### WHAT IS ASTHMA?

Asthma is a lung disease that makes breathing difficult. Fortunately, it can be controlled so living a normal, healthy life is possible.

### WHAT HAPPENS IN AN ASTHMA ATTACK?

During an asthma attack, the airways narrow, less air moves in and out of the lungs. You work harder to breathe and you might hear a whistling sound called wheezing.

### WHAT TRIGGERS ASTHMA?

- Second-hand smoke or air pollution
- Allergens from pollen, mold, dust, and pets
- Respiratory infections
- Cold weather
- Exercise

### WHAT ARE THE WARNING SIGNS AND SYMPTOMS OF ASTHMA?

Speak with your doctor if you notice:

- Rapid breathing
- Whistling or wheezing sounds
- Frequent coughing spells
- Chest tightness or chest pain

**Call 911 or go to the emergency room** if you are very ill and have the following symptoms:

- Breathing hard with trouble walking, talking, eating, or working
- Lips or fingernails are grey or blue
- Drowsy or less alert than normal

Sources:

- National Heart, Lung, and Blood Institute
- Centers for Disease Control and Prevention

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.



### HOW CAN WE TREAT ASTHMA?

- Decrease exposure to triggers
- Take medications as prescribed
- Have a printed asthma action plan
- Once your asthma is under control, speak with your doctor before starting a new exercise program

### WHAT ARE ASTHMA MEDICATIONS?

Asthma medications work best when they are delivered directly to the lungs.

There are two main kinds of asthma medications. You may be given one or both kinds. Both are important, but work in different ways.

- **Rescue medicines**, like Albuterol, quickly help you breathe during an asthma attack.
- **Controller medicines** help you have fewer attacks long term if you use them every day.

Inhalers are usually prescribed with a spacer and mask for young children. Make sure you know how to use this equipment.



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### 甚麼是哮喘?

哮喘是一種慢性肺部疾病，導致呼吸困難。幸好哮喘可以通過控制，讓病人擁有正常健康的生活。

### 發病時有甚麼症狀?

哮喘病發作時，氣管收窄，進出肺部的空氣減少。呼吸就變得很困難，您可能會聽到呼吸時發出很大的聲響，即所謂的喘息。

### 哪些因素會引發哮喘?

- 二手煙或空氣污染
- 過敏原，如花粉、黴菌、灰塵和寵物
- 呼吸道感染
- 冷空氣
- 運動

### 哮喘有哪些徵兆和症狀?

如果您有以下症狀，請告訴醫生：

- 持久性呼吸急促
- 吸氣或呼氣時發出類似吹哨的聲音(喘息)
- 經常咳嗽
- 胸口緊或胸口痛

如果病情嚴重，出現以下情況，**請馬上打 911**

**或送往急診室：**

- 走路、說話、進食、或玩耍時呼吸困難
- 嘴唇或指甲發黑
- 昏昏欲睡、反應遲鈍

資料來源：

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### 如何治療哮喘病?

- 儘量避免接觸引發哮喘的因素
- 依時正確服藥
- 和醫生共同制定一個治療方案
- 一旦您的哮喘得到控制，當開始一項新運動計劃前，請諮詢您的醫生

### 治療哮喘病有哪些藥物?

能把藥直接傳送到肺部的哮喘藥療效最佳，所以我們使用吸入劑。

哮喘藥主要有兩大類。您可能需要一類或者兩類。但重要的是不能把兩類藥混淆，因為他們在身體裡起的作用不一樣。

- **搶救型藥物**，如 Albuterol，當哮喘病發作時，可以讓氣管的肌肉迅速放鬆。
- **控制型藥物**，如果長期每天使用，會幫助您減少發病次數。

年幼的孩子使用吸入劑藥品時通常需要口罩式吸入器輔助。請確保您了解如何使用這種設備。