



Advancing the Frontiers of the Pulmonary
Medicine in the Philippines.

Philippine College of Chest Physicians

A specialty society of the Philippine Medical Association (PMA)

A component society of the Philippine College of Physicians (PCP)

A member society of the Asian Pacific Society of Respiriology (APSR)

and the European Respiratory Society (ERS)

FAQs about Asthma

1. What Are the Side Effects of my Bronchodilator Medicine?

- Possible Side effects of bronchodilators are:
 - Rapid heartbeat
 - Slight headache
 - Nervousness
 - Tremor
- Bronchodilator medicines are **NOT** addictive !

2. How Can I Discover my Allergies?

- If you suspect that you may have allergies as a trigger for your asthma, consult your doctor and ask if skin testing or any other procedures needed to properly identify your allergies.

3. How Can I Prevent an Asthma Attack?

- Minimize asthma triggers
- Take your asthma medicine
- Quit smoking
- Get annual flu shots

4. Can Asthma Drugs Affect my Baby if I'm Pregnant?

- It is normal for mothers-to-be to feel uneasy taking medications while pregnant.
- However, if a pregnant woman has asthma, it is especially important that her asthma is well controlled not only for her own health but also for the health and development of her unborn child.
- If you are pregnant or thinking of becoming pregnant, discuss your asthma with your doctor so your airways can be stabilized and appropriate medications prescribed.
- The risks of uncontrolled asthma in pregnancy are greater than the risks of necessary prescribed asthma drugs.

5. How Can I Prevent Asthma Symptoms After Exercise?

- You shouldn't avoid exercise because of exercise-induced asthma. Inhaled medication taken prior to exercise can usually help control and prevent exercise-induced asthma symptoms. The preferred medications are short-acting beta 2-agonists such as salbutamol.
- In addition to taking asthma medicine, warming up prior to exercising may help prevent an attack.

- For those with known allergies, outside exercise should be limited during high pollen days.
- Outside exercise should also be limited when temperatures are very low or air pollution levels are high.
- The presence of viral infections, such as colds, can also increase symptoms, so it's best to restrict your exercise when you're sick.

6. I'm Exposed to Substances at Work That Worsen my Asthma. What Can I Do to Prevent This?

- Generally, if asthma symptoms are worse on days that you work, and improve when you are at home for any length of time (weekends, vacations) and then reoccur when you return to work, occupational asthma should be considered. This may be allergy related or an irritant reaction from exposure to triggers in the workplace. Identification and avoidance of triggers and starting an appropriate medical treatment plan will help to stabilize your airways and decrease symptoms. Ask your doctor to refer you to a specialist, preferably an allergist, to begin the correct treatment program.

7. I Have Heartburn; Can It Worsen Asthma?

- Heartburn is often a sign of a disease called GERD(gastroesophageal reflux disease). Although studies have shown a relationship between asthma and GERD, the exact relationship is uncertain. GERD may worsen asthma symptoms and make asthma harder to treat. If you have coughing that is not completely resolved by taking your asthma medications, then inform your doctor. GERD can be one of the reasons this is happening.

8. What Do I Do If I Have an Asthma Attack?

- An asthma attack is a sudden worsening of asthma symptoms caused by the tightening of muscles around your airways (bronchospasm).
- If you are experiencing an asthma attack, follow the "Red Zone" or emergency instructions in your asthma action plan immediately.
- If you have trouble breathing, walking or talking, or you have blue lips or fingernails, ask someone to bring you to nearest ER.

About National Lung Month

August of every year is lung month by virtue of proclamation no. 1761 s. 1978 proclaimed by Philippine President, Ferdinand E. Marcos. This decree was done in 1978 in recognition of the fact that lung diseases, especially pneumonia and tuberculosis, continue to exact a huge toll of precious lives among Filipinos, especially the low-income group. This declaration aimed to increase public awareness of these diseases.

About Philippine College of Chest Physicians

Established on April 25, 1973, the Philippine College of Chest Physicians (PCCP) is the premiere specialty organization acknowledged as the authority in pulmonary medicine in the Philippines. It sets the standards of excellence in the training and practice of pulmonary medicine in the Philippines.

PCCP is a value-centered specialty organization. It empowers its members, who are recognized and respected experts in the field, to constantly adapt and innovate to set

the benchmark of excellence in the practice of pulmonary medicine in the Philippines. It is a body all around the country, comprised of 691 fellows, 91 diplomates, 9 honorary members and 322 associate members.

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