

1. Follow your asthma action plan.
2. Get vaccinated for influenza and pneumonia.
3. Identify and avoid asthma triggers.
4. Monitor your breathing.
5. Identify and treat attacks early.
6. Take your medication as prescribed.
7. Pay attention to increasing quick-relief inhaler use

- Pharmacological treatment:

- Classification of drugs

- > Bronchodilators : rapid relief, by relaxation of airway smooth muscle - B2 Agonists - Anticholinergic Agents

- Methylxanthines

- > Controllers: inhibit the inflammatory process

- Glucocorticoids

- Leukotrienes pathway inhibitors

- Cromones

- Anti-IgE therapy