

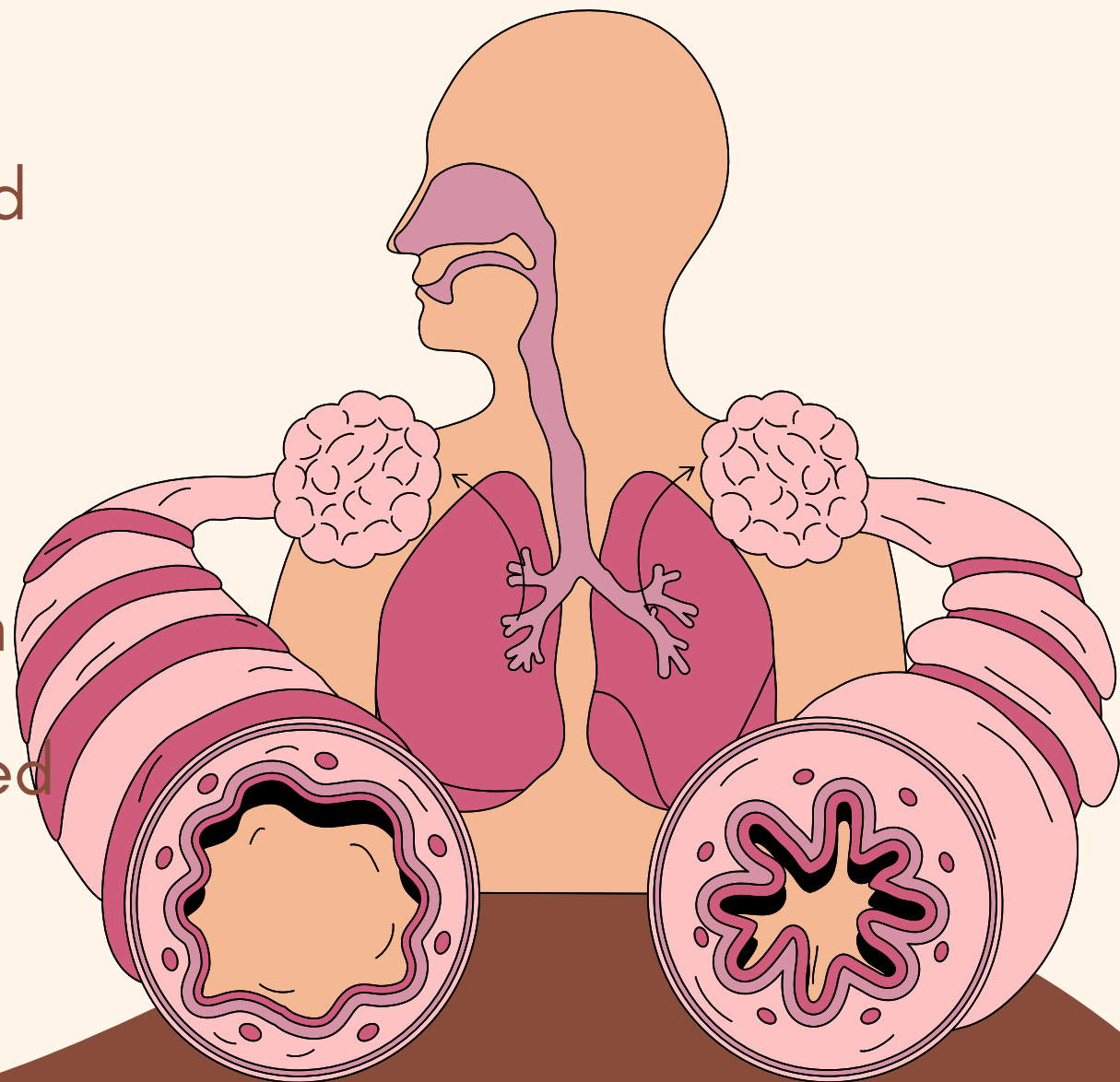
# #AskAbout Asthma Week 2024

**Beyond the Inhaler: How to  
Support a Friend with Asthma**



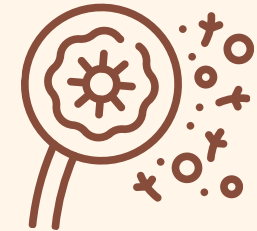
# Asthma: More Than Just an Inhaler

- Chronic lung condition
- Airways become inflamed and narrow
- Symptoms: wheezing, coughing, shortness of breath
- Affects daily life in unexpected ways



# Common Asthma Triggers

- Allergens (pollen, dust mites, pet dander)



- Air pollution and strong odours



- Physical activity



- Cold air or sudden temperature change



- Stress and strong emotions



# *Supporting a Loved One with Asthma*

- Learn about their specific triggers
- Help create an asthma-friendly environment
- Know how to use their inhaler in emergencies
- Be patient during flare-ups
- Encourage regular check-ups with their doctor



# Thriving Despite Asthma

- Asthma doesn't define your friend
- With proper management, most activities are possible
- Your support makes a huge difference
- Together, you can tackle any challenge
- Be there, listen, and breathe easy together!

