

# ASTHMA

**2** million  
asthmatics  
in Malaysia

of which  
**94%** is uncontrolled

## ASTHMA SYMPTOMS

**COUGHING**

**CHEST  
TIGHTNESS**

**SHORTNESS  
OF BREATH**

**WHEEZING**

## COMMON TRIGGERS



**Genetic**



**Dust mites**



**Pet dander**



**Mold**



**Food and  
drugs**



**Air pollution**



**Pollen**



**Stress**

## DURING ASTHMA ATTACK

**1**

**Take two  
puffs of  
inhaler**

**2**

**Sit up and  
stay calm**

**3**

**Take slow,  
steady  
breaths**

**4**

**Continue  
to take two  
puffs of  
inhaler**

**5**

**If symptoms  
persist, seek  
medical help  
immediately**

## MANAGING ASTHMA

**Avoid  
personal  
triggers**

**Quit  
smoking**

**Learn how to  
use inhaler  
properly**

**Exercise**

**Take  
medication as  
prescribed**

Source: Ministry of Health Malaysia, American College of Allergy, Asthma and Immunology, Asthma Society of Ireland, Canadian Lung Association