

UNDERSTANDING ASTHMA

What is Asthma?



Asthma is a chronic disease that affects the lungs. It is a condition characterised by sensitive airways which will become inflamed and narrowed when exposed to certain irritants or allergens. Asthma tends to run in families, especially when there is also a history of allergies.

Symptoms of Asthma



Chest Tightness/Pain



Wheezing/Noisy Breathing



Recurrent cough

How to manage Asthma?



Understand and use your medicine correctly



Use the right inhaler technique



Have regular check-up



Recognise and avoid trigger factors



Health screening packages and vaccinations are available at AcuMed clinics. Contact us at 6566 3311 or enquiry@acumed.com.sg for more information.

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