



CFP

CARTER FAMILY PRACTICE

MODERN MEDICINE, CLASSIC CARE

#7

ASTHMA MYTHS & FACTS

Separating Fact from Fiction



There are many misconceptions about asthma. Understanding the facts can help you make informed decisions and avoid common mistakes that may make asthma harder to control.

1

✗ MYTH



"I'll become dependent on my inhaler."

✓ FACT



Using your inhalers as prescribed does not make you dependent on them. Rescue inhalers treat symptoms when they happen, while daily controller medications help prevent symptoms by reducing airway inflammation.

2

✗ MYTH



"I only need treatment when I have symptoms."

✓ FACT



Asthma is an inflammatory condition, even when you're feeling well. Daily controller medications work quietly in the background to reduce inflammation and help prevent future symptoms.

3

✗ MYTH



"If I feel better, I can stop my daily controller medication."

✓ FACT



Feeling better means that your treatment is working. If you stop your treatment, your symptoms will return. Talk with Karen before making any changes to your medications.

4

✗ MYTH



"People with asthma shouldn't exercise."

✓ FACT



Most people with asthma can live active, healthy lives. If exercise causes symptoms, let Karen know so your treatment plan can be adjusted.

5

✗ MYTH



"My rescue inhaler is all I need."

✓ FACT



A rescue inhaler treats symptoms—but not the underlying inflammation. If you're needing your rescue inhaler more than 2–3 times each week (other than before exercise, if prescribed), it's time to talk with Karen about whether your treatment plan needs to be adjusted.

6

✗ MYTH



"Asthma is the same for everyone."

✓ FACT



Every person's asthma is different. Your symptoms, triggers, and treatment plan should be tailored to you.

Karen's Perspective



One of the most common things I hear is, "Someone told me..." If you ever have questions about something you've heard or read online, ask me. I'd much rather answer your questions than have you make decisions based on misinformation.



Let's Talk About It



What asthma myths have you heard?



Can my treatment change over time?



Is there anything I should be doing differently?



QUESTIONS ABOUT THIS TOPIC?

Karen's Corner

karencorner@carter-familypractice.com
Have a question after reading this Field Note? Send it to Karen's Corner. Your question may even inspire a future educational resource.



CONTINUE YOUR JOURNEY

CFPCareHub.com
Explore additional Field Notes, health guides, and trusted patient education resources.



CARTER FAMILY PRACTICE

407-867-1758



carter-familypractice.com



You don't have to manage asthma alone. We're here for you.