



CFP

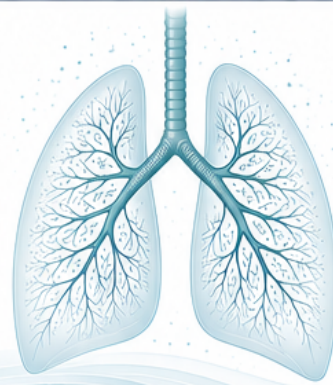
CARTER FAMILY PRACTICE

MODERN MEDICINE, CLASSIC CARE

#6

LIVING WELL WITH ASTHMA

Helping You Stay Active, Healthy, and Confident



Asthma doesn't have to keep you from living an active, healthy life. With the right treatment plan and a good understanding of your symptoms and triggers, most people with asthma can work, travel, exercise, and enjoy the activities they love.



Asthma Shouldn't Define Your Life



1. STAYING ACTIVE

Exercise is healthy for your lungs and heart. Most people with asthma can stay active with the right plan.

- ✓ Warm up before activity.
- ✓ Carry your rescue inhaler if prescribed.
- ✓ Stop and rest if you have symptoms.
- ✓ If exercise consistently causes symptoms, let Karen know. Your treatment plan may need adjustment.



Movement can improve your stamina, mood, and overall quality of life.



2. TRAVELING WITH ASTHMA

A little planning helps you enjoy your trip with fewer worries.

- ✓ Pack medications in your carry-on bag.
- ✓ Bring extra medication in case of delays.
- ✓ Know where your rescue inhaler is at all times.
- ✓ Carry an updated medication list.
- ✓ Continue your routine, even while away.



Being prepared helps you travel with confidence.



3. PREVENTING RESPIRATORY INFECTIONS

Illnesses are one of the most common asthma triggers.

- ✓ Wash your hands regularly.
- ✓ Stay current with recommended vaccines (flu, COVID-19, pneumonia).
- ✓ Avoid close contact with people who are sick when possible.
- ✓ Contact Karen if an illness is making your asthma harder to control.



Staying healthy helps keep your asthma under control.

HEALTHY HABITS THAT HELP CONTROL ASTHMA



Get enough sleep



Stay hydrated



Stay active



Take medications as prescribed



Avoid smoking and secondhand smoke



Keep regular follow-up appointments



Small daily choices can make a big difference in how you feel each day.



Karen's Perspective

“One of my favorite moments is seeing patients realize they don't have to let asthma control their lives. Whether it's playing with your grandchildren, traveling, exercising, or simply sleeping through the night, our goal is to help you live your life with confidence—not fear.”

— Karen



QUESTIONS FOR KAREN



Can I exercise safely if I have asthma?



What should I do if I get sick and my asthma gets worse?



Can I travel safely with asthma?



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

