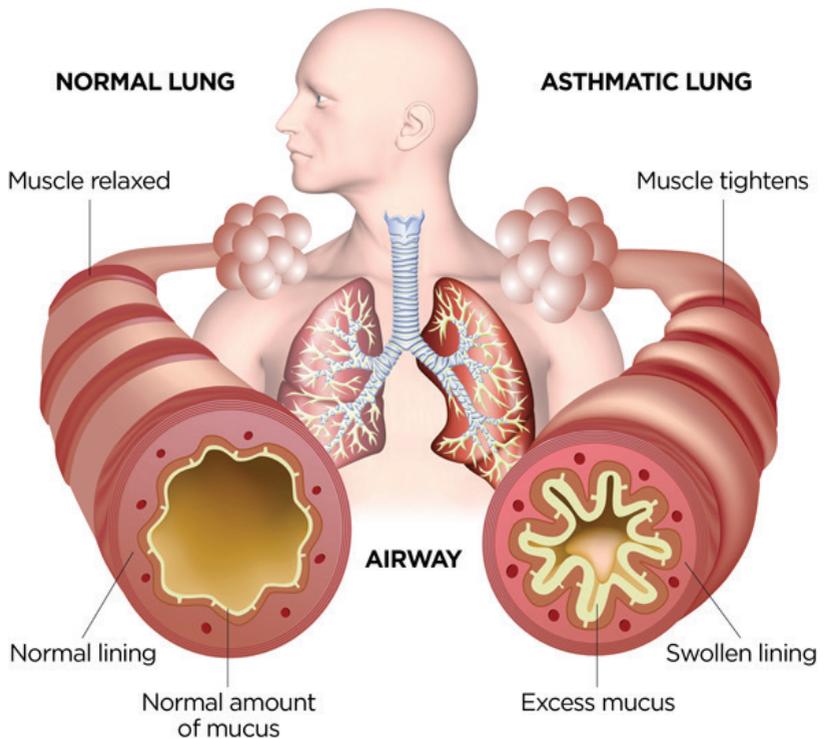


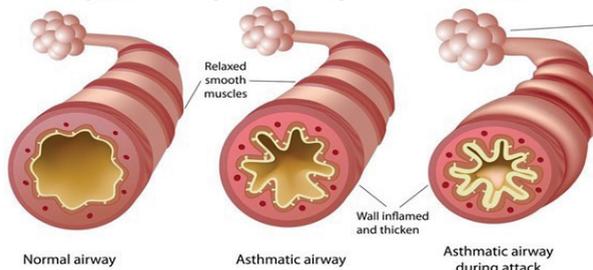
# Asthma



# What is Asthma?

Asthma is a chronic long-term disease with airway inflammation. Occasionally, asthma symptoms can get gradually or suddenly worse. This is known as an “asthma attack”. In an asthma attack, the airways become more inflamed, swollen and as a result, the airways tighten. This usually happens as a response to an irritant or trigger.

Because of the “airway tightening”, you will experience wheezing (a whistling sound when you breathe out), persistent coughing, chest tightness and shortness of breath. These asthma symptoms are worse especially in the early morning or at night.



## Common Trigger Factors

- Dust, haze, cigarette smoke
- The common cold
- Chemical smell (paint fumes, perfumes)
- Certain medications (NSAID painkillers, etc)
- Animal dander (fur, skin of cats/dogs)
- Exercise (in some people)

## Signs and Symptoms

- Cough with or without phlegm
- Wheezing with chest tightness
- Feeling short of breath

**\*Symptoms are often worse at night or in the early morning.**

## Management of Asthma

For most people, treatments are effective and should enable you to keep your asthma under control.

### Type of Asthma Inhalers

#### Controller

- Take regularly even when you are feeling well
- Helps to reduce airway inflammation
- Control symptoms
- Reduces the risk of asthma attacks in the future

#### Reliever

- Use only when necessary (not more than 10 puffs per day)

## Use of Inhalers

It is important to use the inhaler correctly to ensure sufficient medication is delivered into the lungs.

Your inhaler technique should be assessed by a nurse/doctor to ensure correct delivery of asthma medicine into your lungs. Incorrect use of your inhaler leads to poor asthma control and future asthma attacks.

**\*A spacer may be required if your technique is inadequate to ensure good medication delivery into the lungs.**

## Important Points to Note After Your Asthma Attack

If you were admitted to hospital for an asthma attack, you may find your symptoms, such as cough, persist for several days or weeks after. This is not uncommon.

- Complete your medications as given upon discharge.
- Cough can last **up to 8 weeks**.
- Take your asthma medication as prescribed to keep your asthma under control.
- Avoid exposure to trigger factors.
- Come for your outpatient appointment as schedule to check on your asthma control and adjustment of your inhaler doses.

## Examples of Asthma Inhalers

### Controller



Symbicort

Seretide

### Reliever



Ventolin

## Contact Us

If you are unsure or have questions about your condition, action plan or medications, please call:

**Alexandra Hospital's  
Virtual Care Centre (VCC)**

### Contact:

+65 8181 3288

### Operating Hours:

9am – 5.30pm  
(Mondays – Fridays excluding Public Holidays)

This is a medical helpline staffed by our Care Team, who will be able to advise and link you up with healthcare services based on your care needs after discharge. However, if you are very unwell, please do seek immediate medical attention by calling an ambulance if required.

# How to Get Around Alexandra Hospital



## Block 1

### Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

### Level 2

- Clinic J, Integrated Care Clinic
  - Gynaecology Clinic
  - Outpatient Infusion Centre (OPIC)
  - Podiatry
- Clinic K, Healthy Ageing Clinic
  - Dietetics
  - General Surgery Clinic
  - Palliative Clinic
  - Physiotherapy
  - Plastic Surgery
  - Rehabilitation & Restorative Medicine Clinic
  - Staff Clinic
  - Urology Clinic
  - Vascular Clinic

### Level 3

- Ward 7

## Block 2

### Level 1

- Clinic D, Dental Centre
- Clinic E
  - Anaesthesia Outpatient Consultation Clinic
  - Hand and Reconstruction Microsurgery
  - Neurosurgery
  - Orthopaedic Centre

### Level 3

- Day Surgery Operating Theatre (DSOT)

## Block 4

### Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

### Level 2

- Wards 2 and 3

### Level 3

- Wards 4 and 5

## Block 6

### Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

### Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

### Level 3

- Intensive Care Unit 1 (ICU 1)
- Major Operating Theatres 3 and 4 (MOT 3 & 4)

## Block 7

### Level 1

- Wards 8 and 9

### Level 2

- Wards 10 and 11

### Level 3

- Wards 12 and 13

## Block 11

### Level 1

- Rehabilitation 2

## Block 28

### Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

### Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (September 2021) and subject to revision without prior notice.

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