

POSSIBLE ASTHMA

Supportive Management

For cough

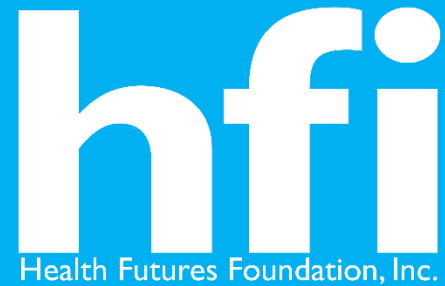
- Drink clear liquids all day (e.g. water, tea, broth, water with lemon). Drink around 8 glasses (or 2 liters total) of fluid per day. Avoid juices with high sugar content.

For shortness of breath

- Perform deep-breathing exercises.
 - Find a quiet and comfortable place where you can be alone with yourself.
 - Sit upright in bed or chair, and find a comfortable position.
 - Place one or both hands over the abdomen, just below the ribs.
 - Deeply breathe in through the nose, while keeping mouth closed. Breathe in for a count of four.
 - Feel the abdomen rise with each inhalation, and as far as possible.
 - Through a pursed-lip, breathe out. Breathe out for a count of seven.
 - Feel the abdomen sink with each exhalation.
 - Perform deep-breathing exercises for 5-10 minutes at a time, and as many times each day.
- Stay calm (makes breathing easier as it prevents further tightening of the chest muscles).

Prevention

- Promote breathing through the nose (mouth-breathing can trigger asthma as the air doesn't get humidified enough). Too dry air, too cold air, and too humid air can trigger asthma.
 - Avoid exposure to triggers (e.g. pollen, dust, animal dander, food cigarette smoke, etc.)
 - If the trigger are pollens: take a shower in the evening, and change into fresh clothes as soon as returning home.
 - Stay in an environment with clean air.
 - Use facemask when cleaning.
 - Clean and dust home regularly.
 - Clean bathtubs and showers monthly to control indoor molds.
 - Wash linens on the hottest water setting to control dust mites.
 - Restrict pets to certain areas of the home to control animal dander. Indoor pets should be bathed frequently.
 - If with food allergy, avoid food that trigger asthma.
 - Avoid exposure to tobacco smoke (both first-hand and second-hand exposure).
 - Stay indoors during hot, humid days. Avoid doing exercises outdoors during the hottest part of the day (11am – 3pm).



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LOWER RESPIRATORY TRACT INFECTION

Prevention

- If exercising in cold, dry weather, cover the nose or mouth with a scarf.
- Take anti-asthma medication before exercising.
- Do warm-up exercises 6 – 10 minutes before an exercise routine.
- Avoid other triggers that are known to you.

Herbal Medicine

(*Important: Herbal remedies should not replace standard asthma treatment. Before starting herbal therapy, speak with doctor first regarding plans to include it in asthma management.)

• Brewed Coffee

- Provides momentary relief (around 1-2 hours) from asthma. Drink no more than 2 cups of brewed coffee a day.

• Kintsay (Celery)

- Pound seeds of kintsay and wrap them in light, thin cloth. Inhale this frequently.

• Ginger Tea

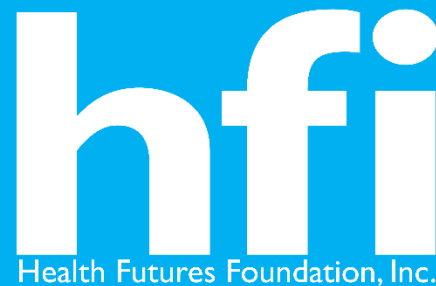
- Cut into small parts one inch of ginger and boil in 1 ½ cups of water for 10 minutes. Strain. Drink the ginger tea 2-3 times a day. May add honey or calamansi to taste.

• Turmeric and Honey

- Grind the turmeric. Mix one teaspoon of turmeric with one tablespoon of honey in a warm cup of water.

• Mangga Leaves

- Boil chopped young leaves (dried or fresh) in 2 glasses of water for 15 minutes. Cool and strain. Divide the decoction into 3 parts. Take 1 part 3 times a day. Amount of water leaves to be boiled:
 - If dried leaves:
 - For adults: 4 tablespoons
 - For ages 7-12: 2 tablespoons
 - For ages 2-6: 1 tablespoon
 - If fresh leaves:
 - For adults: 6 tablespoons
 - For ages 7-12: 3 tablespoons
 - For ages 2-6: 1 ½ tablespoons



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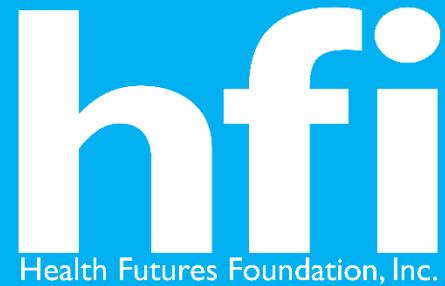
LOWER RESPIRATORY TRACT INFECTION

Herbal Medicine

- **Pineapple Fruit**
 - Eat fresh pineapple fruits liberally.
- **Papaya Leaves Decoction**
 - Boil either 3 handfuls of fresh papaya leaves or a handful of dried papaya leaves in 2 glasses of water for 15-30 minutes. Strain. Divide the decoction into 3-4 doses to be used in one day. Always use the decoction the same day it was prepared.

Immediate consult doctor if with persistent shortness of breath, agitation, and inability to speak in full sentences.

Consult doctor for proper diagnosis and pharmacologic management of the condition.



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