Asthma

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Symptoms

- Breathlessness and a tight feeling in the chest.
- Wheezing or a whistling sound when breathing.
- Persistent coughing, especially at night or early in the morning.

Age & Gender

- It can start at any time. Adult-onset asthma is very common.
- It's more common in males during childhood, but more common in females as adults.

Misconceptions

- It's not just a childhood condition. It can develop at any age.
- It's not 'just a bit of panting'. Attacks can be life-threatening.
- It’s not always triggered by exercise. Stress or cold air can also cause it.

Diagnosis

- Spirometry tests measure how much air you can breathe out in one second.
- Peak flow tests track how fast you can blow air out of your lungs.

Treatment

- Reliever inhalers provide quick relief during an attack or flare-up.
- Preventer inhalers are used daily to reduce inflammation in the airways.

Support

- Ensure the workplace is free from strong scents, dust, or smoke.
- Allow them to keep their inhaler with them at all times.
- Know the office first aid procedure for a severe asthma attack.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.