With time, many people with asthma will transition from pediatric to adult health care providers. Now that you are getting older, it is important to take an active role in your health and in managing your life as an adult. We created this fact sheet about asthma as a tool to help you better understand your condition as you make the transition to college, a job, or moving away from your parents.

**What is asthma?**

It is well known that there are certain “triggers” that may start an asthma attack. One of the most common triggers is a virus that causes the common cold. This is best prevented by hand washing and keeping away from others who are sick. For those with exercise-induced asthma, your doctor may recommend taking an inhaler treatment soon before activity. Other common triggers include pollens, pet exposure, smoke, strong smells, and changes in weather. Do your best to stay away from anything you know may worsen your asthma.

**How do I treat asthma?**

Everyone that has asthma should have an albuterol “rescue” inhaler to be used whenever you have symptoms. Your doctor will help you know when you should use this inhaler and how to use it. If your asthma is severe enough, you may need to take a “controller” inhaler every day, even when you don’t have symptoms. It is important that you follow up regularly with your doctor regarding your treatment plan for asthma.

**Where to go for more information:**

- Your current doctor
- Your family
- nhlbi.nih.gov/healthpro/resources/lung/naci/asthma-info/

Our clinic is happy to help you every step of the way in your transition. Please don’t hesitate to reach out to us with questions or concerns.