



the HEALTHY DOSE

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Feeling Short of Breath?

Breathing is so natural that most of us take it for granted, but for people with Asthma or Chronic Obstructive Pulmonary Disease (COPD), shortness of breath can make simple tasks difficult. Asthma and COPD are two of the most common forms of lung disease.

ASTHMA

Asthma is a chronic disease that can't be cured but can be controlled with medication. People with asthma have lungs that are very sensitive and become swollen, tight and may fill with mucus. This can cause coughing, wheezing, tight feeling in the chest and shortness of breath. In some people, flare ups of these symptoms may be induced by exercise, workplace irritants or allergens. Asthma varies from person to person, and can be mild or when not controlled, life-threatening. Your asthma is not well controlled if you have daytime symptoms more than four times per week, you miss school or work because of your asthma symptoms, you are not able to exercise or enjoy physical activity, your sleep is disturbed by your symptoms or you need your blue rescue inhaler more than four times per week.

If you have Asthma, it is important to work with your health care provider to develop an action plan. This plan will tell you what symptoms to watch for, how to adjust your medication when your symptoms get worse and when to call your doctor or 911. Most people with Asthma can achieve good control and live an almost symptom-free, active life!

COPD

COPD is a lung disease that includes chronic bronchitis (where airways become swollen and may be filled with mucus) and emphysema (where the small air sacs in the lungs become damaged). In both cases the lungs become blocked or obstructed making it difficult to breathe. Most cases of COPD are caused by smoking. COPD develops slowly over time and patients may not realize they are having difficulty breathing until ordinary tasks become hard to complete without becoming short of breath. If you are over 40 and a smoker or former smoker, ask yourself these questions: Do you have a cough that has lasted longer than 3 months? Do you have a cough with mucus or phlegm? Do simple tasks make you feel short of breath? Do you get colds or lung infections such as bronchitis that last longer than other people's? Do you make a whistling sound (wheeze) when you breathe? If you answered yes to any of these questions, you should speak to your doctor.



“Your asthma is not well controlled if you have daytime symptoms more than four times per week”



Have questions about Asthma or COPD? Visit your Morelli's pharmacy for our September Clinic.

North Oakville	September 15 th	12 pm - 4 pm
Fairview	September 11 th	12 pm - 4 pm
Markham	September 30 th	12 pm - 4 pm
Brampton	September 9 th	12 pm - 4 pm
Walker's	September 15 th	12 pm - 4 pm
Burloak	September 26 th	1 pm - 4 pm
Boxgrove	September 16 th	12 pm - 4 pm
Aurora	September 8 th	12 pm - 4 pm
Maple Leaf Square	September 25 th	10 am - 2 pm
Leaside	September 8 th	12 pm - 4 pm
South Oakville	September 29 th	12 pm - 4 pm