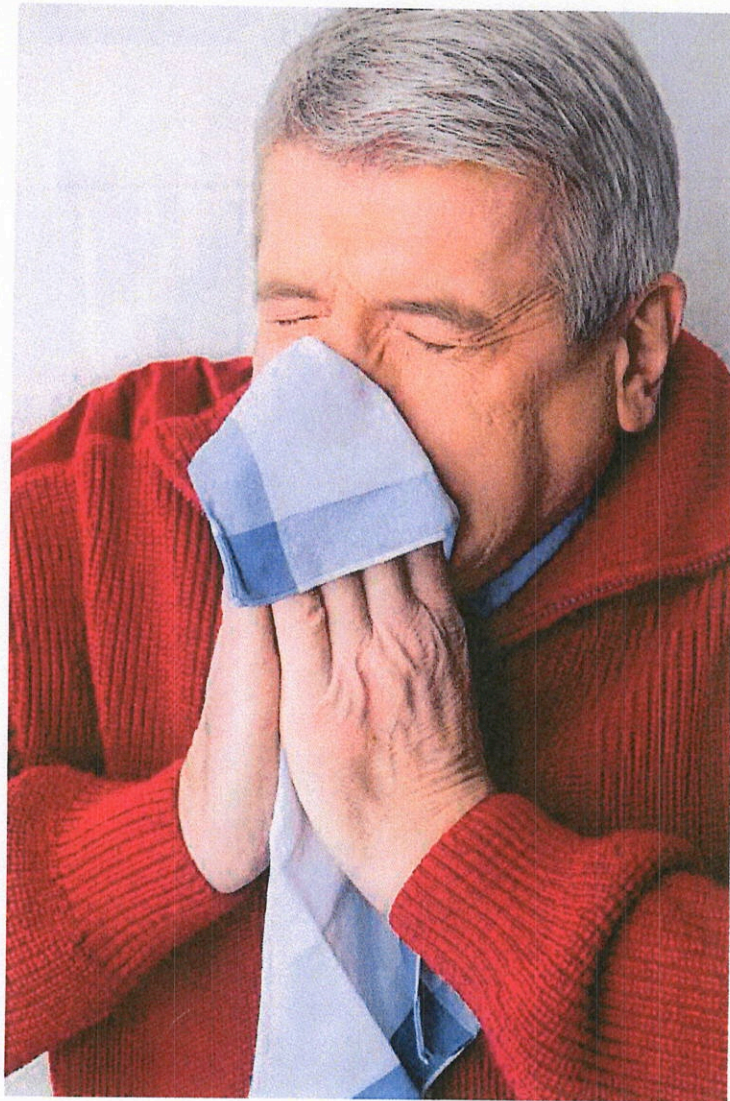
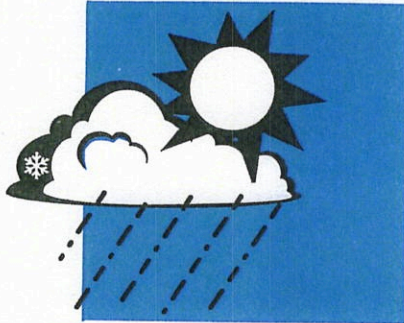


# Chapter 7

## Preventing Infection







## WEATHER

### Does weather affect my lung disease?

It can. Cold air puts an extra strain on your lungs. To warm the air, breathe in through your nose. Cover your nose and mouth with a cold-weather mask available at drugstores, with a warm scarf, or, at least, with your hand.

In **cold weather**, avoid the extra strain that cold air puts on your lungs.

**Damp weather** makes some people feel worse. And weather that causes air pollution to build up is bad.

### Should I move to a warmer climate?

Moving won't cure your lung disease. You may feel a little better, especially if you're enjoying the move and your outlook brightens. But before making a long-distance move for your health, make a long visit to see if it will be worth the trouble and expense.

However, if you live in an area

more than 3,500 feet above sea level, moving to a lower altitude may lead to easier breathing.



## INFECTIONS

Infections in your lungs are dangerous troublemakers. They can make you seriously ill quickly. Infections are a major reason that people with lung disease enter hospitals.

### How can I avoid infections?

- Keep up-to-date on your influenza (flu) and pneumonia vaccinations.
- Keep your body healthy with daily exercise, a variety of foods, and enough sleep so that you can fight off the germs that cause infections.
- Keep your lungs as clear of mucus as you can. Drink enough fluids, and follow your physical therapy program carefully. Infections grow easily in mucus.
- Avoid crowds and people with colds. Handle colds carefully and watch for danger signs.



### What are the danger signs?

Suspect an infection, and call your doctor if:

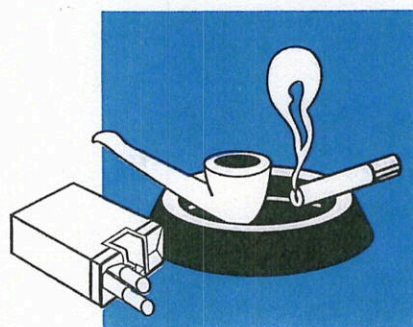
- You have fever or chills.
- You're more short of breath, or you're wheezing more than usual.
- Your cough is worse than usual.
- You have more mucus, or it's thicker than usual, or its color changes.
- You notice swelling in your ankles or around your eyes.
- You gain a few pounds overnight.
- You lose your appetite, feel dizzy or sleepy, or have headaches.

### What should I do if I have an infection?

- Take the medicine your doctor orders exactly as directed. Don't stop before your doctor says to, even if you feel better.
- Carefully follow your doctor's directions for clearing your lungs of mucus.
- Report right away to your doctor if your condition gets worse.

**Avoid big infections.** Give your doctor time to treat them before they spread.

TROUBLEMAKER



### CIGARETTES

Before cigarette smoking became common, chronic bronchitis and emphysema were rare diseases. Now they're among the leading causes of disability in the United States, mostly because of cigarette smoking. If you smoke, consider these facts:

#### When you smoke

- Smoke dries the linings of your airways and makes them sore.
- You breathe in nicotine, tars, and poisonous gases such as carbon monoxide. Nicotine cuts down your flow of oxygen by narrowing your blood vessels. The gases paralyze your cilia, the tiny hairlike sweepers in your airways that help clean out dirt and mucus.
- When your cilia can't work, smoke leaves behind more dirt, and it causes your lungs to make more mucus than usual. Then your airways get clogged.
- Old mucus in your soft, warm lungs makes the perfect place for infections to grow.



## Emergency Phone Numbers

Primary Care Physician- \_\_\_\_\_  
Phone number \_\_\_\_\_  
Address \_\_\_\_\_

Pulmonary Care Physician- \_\_\_\_\_  
Phone number \_\_\_\_\_  
Address \_\_\_\_\_

Other Physician- \_\_\_\_\_  
Phone number \_\_\_\_\_  
Address \_\_\_\_\_

Hospital \_\_\_\_\_ Phone \_\_\_\_\_

Emergency/ Ambulance/ Fire \_\_\_\_\_

## Action Plan

Current medications- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Changes or New Symptoms-

- |   |   |
|---|---|
| <input type="checkbox"/> Fever (+2 degrees over normal)                       | <input type="checkbox"/> Increased shortness of breath            |
| <input type="checkbox"/> Increased coughing                                   | <input type="checkbox"/> Increase in sputum production            |
| <input type="checkbox"/> Change in sputum consistency                         | <input type="checkbox"/> Change in sputum color                   |
| <input type="checkbox"/> Chest pains  | <input type="checkbox"/> Swelling in ankles, legs, or around eyes |
| <input type="checkbox"/> Unusual dizziness                                    | <input type="checkbox"/> Weight gain 3-5 pounds overnight         |
| <input type="checkbox"/> Loss of appetite                                     | <input type="checkbox"/> Sleepiness                               |
| <input type="checkbox"/> Palpitations of the heart or pulse faster than usual |   |
| <input type="checkbox"/> Blood in sputum, urine, or bowel movement            |   |
| <input type="checkbox"/> Other _____  |   |

## If symptoms do not improve-

Antibiotic _____	Dose _____	How long? _____
Steroid _____	Dose _____	How long? _____
Other _____	Dose _____	How long? _____

Seek emergency attention when- \_\_\_\_\_

# Preparing for Your Doctors Appointment

Name \_\_\_\_\_

Date/Time \_\_\_\_/\_\_\_\_/\_\_\_\_ : \_\_\_\_ AM/PM Doctor: \_\_\_\_\_

## SYMPTOMS:

- |  |   |
|--|---|
| <input type="checkbox"/> Cold or Flu         | <input type="checkbox"/> Fever _____            |
| <input type="checkbox"/> Allergies           | <input type="checkbox"/> Symptoms at night      |
| <input type="checkbox"/> Cough               | <input type="checkbox"/> Missing school or work |
| <input type="checkbox"/> Wheezing            | <input type="checkbox"/> Limiting activities    |
| <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> Tightness in the chest |
| <input type="checkbox"/> Increased mucus     | <input type="checkbox"/> Headache               |
| <input type="checkbox"/> Ankle swelling      | <input type="checkbox"/> Other _____            |

## MEDICATIONS BEING USED CURRENTLY:

---

---

---

## QUESTIONS FOR THE DOCTOR:

---

---

---

## INSTRUCTIONS FROM THE DOCTOR:

---

---

---

## WHEN SHOULD SYMPTOMS IMPROVE?

---

## NEXT APPOINTMENT:

---



3 After you know your peak flow number, look at the table below and determine which zone you are in.

- First, find your Personal Best Peak Flow number in the blue column on the left (this number should also be recorded on your Asthma Action Plan). Ask your doctor if you do not know your Personal Best.
- Then, follow the line across to find where today's peak flow number falls—green, yellow, or red zone.

4 Adjust your medicine according to your Asthma Action Plan.

Keep a journal of your peak flow readings. Show it to your doctor.

If your Personal Best Peak Flow number is:	You are in the Green Zone if your peak flow number is:	You are in the Yellow Zone if your peak flow number is:	You are in the Red Zone if your peak flow number is:
100	above 80	between 80 and 50	below 50
125	above 100	between 100 and 63	below 63
150	above 120	between 120 and 75	below 75
175	above 140	between 140 and 88	below 88
200	above 160	between 160 and 100	below 100
225	above 180	between 180 and 113	below 113
250	above 200	between 200 and 125	below 125
275	above 220	between 220 and 138	below 138
300	above 240	between 240 and 150	below 150
325	above 260	between 260 and 163	below 163
350	above 280	between 280 and 175	below 175
375	above 300	between 300 and 188	below 188
400	above 320	between 320 and 200	below 200
425	above 340	between 340 and 213	below 213
450	above 360	between 360 and 225	below 225
475	above 380	between 380 and 238	below 238
500	above 400	between 400 and 250	below 250
525	above 420	between 420 and 263	below 263
550	above 440	between 440 and 275	below 275
575	above 460	between 460 and 288	below 288
600	above 480	between 480 and 300	below 300
	<b>GREEN ZONE =</b> Doing well	<b>YELLOW ZONE =</b> Asthma symptoms worse — call your doctor	<b>RED ZONE =</b> Asthma symptoms severe — call 911. Get help NOW!

Know your Personal Best Peak Flow number. Personal Best Peak Flow: \_\_\_\_\_

**Take peak flow readings as directed by your doctor  
to see if your asthma is well managed.**

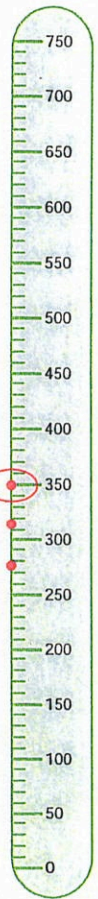
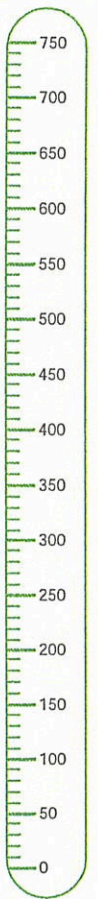
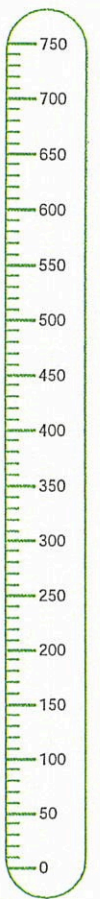
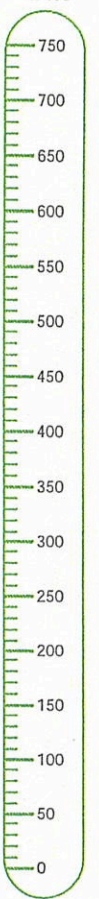
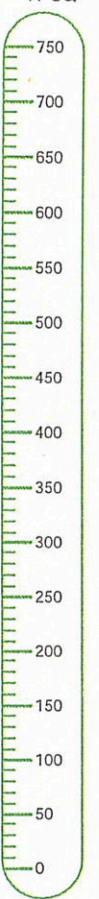
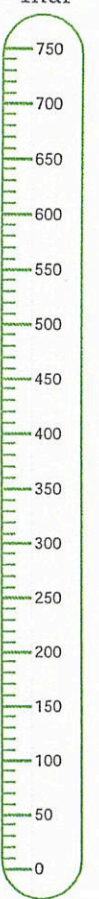
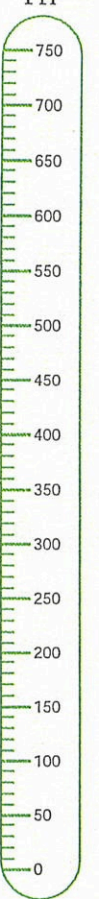
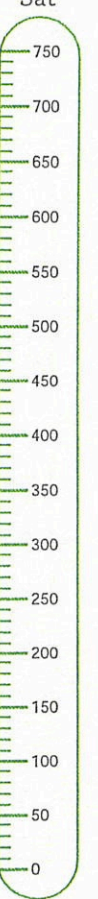


# Peak Flow Tracking Sheet

## Directions:

- 1 Use your peak flow meter as directed by your doctor. Try to take the readings at the same time of the day and record your results on the columns below.
- 2 Take 3 peak flow readings each time you use your peak flow meter. Mark each number in the column below. Circle the highest number. This is your peak flow number for the day.

Week Starting (date) \_\_\_\_\_

Example	Sun	Mon	Tue	Wed	Thur	Fri	Sat
							
<u>350</u>	_____	_____	_____	_____	_____	_____	_____

Please make copies of this sheet to track your peak flow readings each week.