



Allergy ^{UK}

leading the fight against allergy

Do you suffer
from asthma?



Asthma triggered by allergens can be life-threatening. Don't wait for an emergency before seeking help.

Helpline


01322 619898

www.allergyuk.org

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Date of preparation July 2014
RES14-C013

 **NOVARTIS**
PHARMACEUTICALS



"I take medication for my asthma, but I can't sleep through the night without using my inhaler..."

"I have recently had a bad asthma attack that has really frightened me."

"I can't do the housework without using my reliever inhaler."

"It's difficult to walk and talk at the same time."

Do you recognise yourself in any of the above statements?

If so, you could be suffering with uncontrolled asthma triggered by allergens, or substances in the environment that cause allergic reactions. You may be at risk of a serious asthma attack which could leave you hospitalised.

Sadly, three people die as a result of asthma every day in the UK,¹ but most of these deaths are avoidable if the condition is managed well.²

It's important that you seek appropriate help if you are suffering the symptoms of asthma triggered by allergens.

Please complete the questionnaire and give it to your doctor or nurse. They may need to conduct an asthma and allergy review or refer you to a specialist for an allergy assessment and management.

Symptoms of asthma triggered by allergens

Shortness of breath

Wheezing

Tight chest

Coughing

Waking in the night due to coughing/asthma symptoms/nasal symptoms

Allergic triggers

House dust mite

Moulds

Pets and Animals

Pollens

Foods

The link between allergy and asthma

Asthma is frequently triggered by allergens in the environment such as house dust mite, animals, pollens and moulds.³ Most of these patients also have untreated allergic rhinitis.⁴

Those with asthma triggered by allergens may be suffering symptoms despite taking medication, and may have been admitted to hospital or A&E.⁵

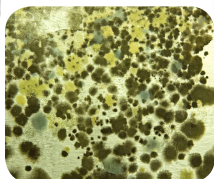
Has this happened to you?

Many people are unaware of the link between allergy and asthma. This often leads to long delays in getting a correct diagnosis and appropriate management.

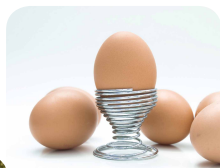
Allergens



Pets and Animals



Moulds



Foods



House dust mite



Pollens

Help your doctor or nurse to identify whether you have uncontrolled asthma triggered by allergens by filling in the questionnaire and giving it to them.

They can conduct a thorough asthma review or, if necessary, refer you to a specialist for an allergy assessment and appropriate management.

You can also call Allergy UK's helpline on 01322 619898 or visit our website: www.allergyuk.org



This organisation has been certified as a producer of reliable health and social care information.

www.theinformationstandard.org

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Is your asthma triggered by allergens and is it under control?

Please tick all the statements that apply to you or your child, tear off this panel and give it to your doctor or nurse.

- Please tick this box if you are completing this questionnaire on behalf of your child

My allergies

- I believe I am allergic to the following allergens (please list):

- I avoid dusty or damp places because they trigger my asthma
- I avoid animals as these can make my asthma symptoms worse

My asthma - treatments

- I take all prescribed asthma medication, but still have symptoms such as (please list):

- I have been prescribed courses of oral steroids in the last 12 months

Lifestyle

- I "just get on with things" but asthma gets in the way of doing everyday activities such as:

- I rarely sleep all night without coughing or using an inhaler
- I have difficulty walking and talking at the same time
- When I'm doing daily activities such as the housework I have to stop and catch my breath

Symptoms

- I have difficulty breathing properly all or a lot of the time
- I have missed school or work because of asthma
- I have been in hospital recently because of asthma

IMPORTANT MESSAGE FROM ALLERGY UK

Dear Doctor or Asthma Nurse

If your patient has ticked any of the boxes above, their uncontrolled asthma is triggered by allergens and they could be at risk of a life-threatening asthma attack. Three people die of asthma in the UK every day,¹ but most of these deaths could be avoided.² We encourage you to conduct an asthma and allergy review of this patient, recording asthma triggers, as soon as possible and consider referring them to an allergist. For further information please contact our Helpline on 01322 619898 or visit our website: www.allergyuk.org

References

1. Asthma UK warns of alarming increase in hospital admissions for children. Asthma UK. March 2014. <http://www.asthma.org.uk/News/asthma-uk-warns-of-alarming-increase-in-hospital-admissions-for-children>. Accessed May 2014.
2. Why asthma still kills. The National Review of Asthma Deaths (NRAD). Royal College of Physicians. May 2014. http://www.rcplondon.ac.uk/sites/default/files/why_asthma_still_kills_executive_summary.pdf. Accessed May 2014.

Allergy UK is the operational name of the British Allergy Foundation; we are the leading national medical charity providing advice, information and support to people with allergies, intolerances and sensitivities. We also act as the 'voice' for sufferers, representing the views and needs of those affected by this "multi-organ disease". We are a registered charity governed by a board of nine trustees comprising medical, business, and legal experts and allergy sufferers. Our information is written and reviewed by allergy experts to ensure that the best and latest information is given. We are also supported by our Health Advisory Board of 32 leading healthcare professionals, expert in the field of allergy and intolerance.



Reporting of side effects

If you get any side effects from medication you are taking for your asthma, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard.

By reporting side effects you can help provide more information on the safety of medicine.

References

1. Asthma UK warns of alarming increase in hospital admissions for children. Asthma UK. March 2014. <http://www.asthma.org.uk/News/asthma-uk-warns-of-alarming-increase-in-hospital-admissions-for-children>. Accessed May 2014.
2. Why asthma still kills. The National Review of Asthma Deaths (NRAD). Royal College of Physicians. May 2014. http://www.rcplondon.ac.uk/sites/default/files/why_asthma_still_kills_executive_summary.pdf. Accessed May 2014.
3. The ENFUMOSA Study Group. The ENFUMOSA cross-sectional European multi centre study of the clinical phenotype of chronic severe asthma. *Eur Respir J* 2003; 22: 470–477.
4. Corren J, *J Allergy Clin Immunol* 1997;99: S781-6.
5. NHS England. Service Specification No. A14/S/b. Specialised Respiratory Services (adult) – Severe difficult to control asthma. 2013/14.

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