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## **Top tips to help asthma sufferers breathe more easily this winter**

With very cold weather on the way in the next few days, the NHS in Leeds is advising people with asthma how they can breathe more easily by following some simple steps.

Research by leading charity Asthma UK found that around three quarters of the 5.4 million people with the condition in the UK saw their symptoms triggered by the cold air and 90% reported that having a cold or flu made their asthma considerably worse.

Dr Katherine Hickman, GP and Clinical Lead for Respiratory for NHS Leeds Clinical Commissioning Group (CCG), said: "Winter can be a difficult time of year for people with asthma. This is often due to breathing cold air, picking up colds and flu, or even breathing in fumes from a wood or coal fire, all of which can affect the respiratory system.

"Some people with asthma will find their airways are more sensitive to changes in temperature so when the cold snaps come their symptoms often get worse. However, it doesn't have to be that way and it's possible to be symptom-free – even in winter."

The local NHS is reminding people with asthma to follow the advice below.

### **Take your preventer inhaler as prescribed**

Using your preventer inhaler as prescribed soothes your airways over time, so they're less sensitive.

### **Keep your reliever inhaler with you at all times**

Always carry your reliever inhaler (usually blue) with you in case you need it in an emergency. If cold air triggers your asthma or if you're about to exercise, take one or two puffs of your reliever inhaler before going outside.

### **Check your inhaler technique**

Using your inhaler properly is important and many people do not realise they aren't using it correctly. Talk to your doctor, asthma nurse or pharmacist who will explain how to use your inhaler and check your technique. An inhaler check service is now available at 50 community pharmacies in Leeds.

### **Get a flu jab**

People with asthma are at high risk of suffering the ill effects of flu, so if you haven't had your flu jab yet, ask at your GP practice.

### **Wrap up**

Keep warm and wear a scarf over your nose and mouth – this will help to warm up the air before you breathe it in.

People whose asthma is well-controlled are less likely to have problems during cold weather. By having a regular asthma review with a GP or asthma nurse and following a personal asthma action plan, people can take greater control of their condition.

- For more information about coping with asthma during cold weather please visit [www.asthma.org.uk](http://www.asthma.org.uk)

## NOTE

**The following pharmacies now offer an inhaler check service**

Boots UK Ltd	5-7 Town Street	Armley		Leeds	LS12 1UG
Boots UK Ltd	28-32 Kirkgate	Otley		Leeds	LS21 3HJ
Boots UK Ltd	Unit 2, Savins Mill Way	Kirkstall Valley Retail Park		Leeds	LS5 3RP
Cohen's Chemist	26 Otley Road	Guiseley		Leeds	LS20 8AH
Cohen's Chemist	Chapelton Health Centre	Spencer Place		Leeds	LS7 4BB
Day Lewis Pharmacy	Crossley Street Surgery	Crossley Street		Wetherby	LS22 6RT
East Leeds Pharmacy	80 Osmondthorpe Lane			Leeds	LS9 9EF
Halton Pharmacy	253 Selby Road	Halton		Leeds	LS15 7JR
Knights Chapel Allerton Pharmacy	6 Stainbeck Lane			Leeds	LS7 3QY
Living Care Pharmacy	Unit 2, Oatlands Retail Centre	Oatland Drive		Leeds	LS7 1ST
Living Care Pharmacy	Street Lane Practice	12 Devonshire Avenue		Leeds	LS8 1AY
Living Care Pharmacy	3 Upper Accommodation Road	Richmond Hill		Leeds	LS9 8RZ
LloydsPharmacy	Within Sainsbury's	Selby Road	Colton	Leeds	LS15 9JA
LloydsPharmacy	Unit 8 Arndale Centre	Otley Road		Leeds	LS6 2UE
Morley Pharmacy	2a Corporation Street	Morley		Leeds	LS27 9NB
Shaan Pharmacy	176 Harehills Lane			Leeds	LS8 5JP
Well Pharmacy	Station Road	Armley		Leeds	LS12 3EY
Well Pharmacy	42 Austhorpe Road	Cross Gates		Leeds	LS15 8DX
Well Pharmacy	29 High Street	Yeadon		Leeds	LS19 7SP
Well Pharmacy	25 Finkle Lane	Gildersome		Leeds	LS27 7DX
Well Pharmacy	4 Laneside Terrace	Elland Road	Churwell	Leeds	LS27 7PT
Well Pharmacy	84/86 Lincoln Green Road			Leeds	LS9 7SU

Your Local Boots Pharmacy	Rawdon Surgery	11 New Road Side	Rawdon	Leeds	LS19 6DD
Your Local Boots Pharmacy	1 Moseley Place			Leeds	LS6 2RY
Your Local Boots Pharmacy	5 Hollin Park Parade			Leeds	LS8 3AS
Asda In Store Pharmacy	Killingbeck Drive			Leeds	LS14 6UF
Cohen's Chemist	190 High Street	Boston Spa		Leeds	LS23 6BT
Cohen's Chemist	230 York Road			Leeds	LS9 9BP
Day Lewis Pharmacy	100 Thornhill Street	Calverley	Pudsey	Leeds	LS28 5PD
Headingley Pharmacy	St Michael's Court	1 Shire Oak Street	Headingley	Leeds	LS6 2DP
Ireland Wood Pharmacy	Iveson Approach	Tinshill		Leeds	LS16 6FR
Kamsons Pharmacy	Lingwell Croft Surgery	20 Shelldrake Drive		Leeds	LS10 3NB
LloydsPharmacy	Grange Medical Centre	999 York Road		Leeds	LS14 6NX
LloydsPharmacy	195-197 Butcher Hill			Leeds	LS16 5BQ
LloydsPharmacy	North Leeds Medical Practice	355 Harrogate Road	Moortown	Leeds	LS17 6PZ
LloydsPharmacy	39 High Street	Yeadon		Leeds	LS19 7SP
LloydsPharmacy	Chapeltown NHS Joint Service Centre	263 Chapeltown Road	(Reginald Terrace)	Leeds	LS7 3EX
M A Manning (Pharmacy) Ltd	97 Lidgett Lane			Leeds	LS8 1QR
Manor Park Pharmacy	Manor Park Surgery	Bellmount Close	Bramley	Leeds	LS13 2UP
Midway Pharmacy	23 Middleton Park Circus			Leeds	LS10 4LX
Midway Pharmacy	46 Chapeltown Road	Pudsey		Leeds	LS28 8BL
Mitchell's Chemist	88 New Road Side	Horsforth		Leeds	LS18 4QB
Roundhay Pharmacy	211 Roundhay Road			Leeds	LS8 4HS
Sky Pharmacy	35 Harehills Road			Leeds	LS8 5HR
Swillington Pharmacy	Church Lane	Swillington		Leeds	LS26 8DY
Thorpe Pharmacy	1 Oakley Street	Thorpe		Wakefield	WF3 3DX
Well Pharmacy	The Pennyhill Centre	17-18 Church Street	Hunslet	Leeds	LS10 2AP

Well Pharmacy	Beeston District Centre	Town Street	Beeston	Leeds	LS11 8PN
Well Pharmacy	139 Shadwell Lane			Leeds	LS17 8AE
Your Local Boots Pharmacy	59 St James Street			Wetherby	LS22 6RS

**ENDS**

Issued by the communications team at NHS Leeds CCG. You can contact the team on 0113 84 35528 or 0113 84 35470. Alternatively please email us:

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