

# Information and service

## Allergic causes of asthma attacks and symptoms:

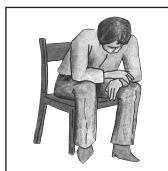
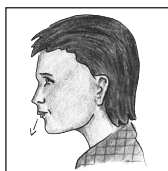
- **Pollen** (e.g. [www.donnerwetter.de/pollen/info.htm](http://www.donnerwetter.de/pollen/info.htm))
- **House dust mite droppings**
- **Feathers and down**
- **Animal hair, dander from hairy animals** (e.g. cats, dogs, horses)
- **Substances injected by insect bites**
- **Foods** (e.g. nuts, fish, milk, eggs, chocolate) and also **additives or food ingredients** (e.g. preservatives or gluten)
- **Medications** (e.g. penicillin)

## Other possible causes of asthma attacks and symptoms:

- **Airborne pollutants**
- **Ozone** (you will obtain information about ozone levels on the radio and television)
- **Tobacco smoke**
- **Changes in temperature/weather** (fog, cold, also changing from warmth to cold, e.g. from heated rooms to cold winter air)
- **Infections, germs causing colds, inflammation in the respiratory tract**
- **Physical stress**
- **Mental stress**

## Special breathing techniques when breathing difficulties occur:

- **Lip brake:** with your lips not fully closed breathe out slowly for as long as possible. This makes the cheeks blow out a little. This technique acts as a brake on the airflow and the airways remain wide.
- **Coachman's position:** Sit with your legs slightly apart. Support yourself with your elbows on your thighs or on a table. Hold your head comfortably, breathe in quietly and then breathe out again with the lip brake.
- **Goalkeeper position:** Stand up and lean forward slightly supporting your hands on your thighs or lean against a wall or a tree with your forearms level with your head and with your forehead leaning on your forearms. Place one leg slightly in front of the other and with either variant breathe in quietly and then breathe out again with the lip brake.



## COPD – what you can do yourself:

- **Give up smoking** immediately (see tips on quitting smoking below)
- Stay away from rooms polluted with **dust, smoke or harmful substances**
- **Learn breathing and relaxation exercises** (see also special breathing - techniques)
- Receive **back massages** for more effective coughing
- **Build up your muscles**
- Do regular **physical exercise** and sport (in agreement with your doctor)
- Have regular **vaccinations** against flu and pneumococcal disease

## Tips on quitting smoking

- Make a **firm decision** to give up smoking
- Make a **list of the reasons** for giving up and place it in a prominent position
- **Change your diet** (fruit, vegetables, drink plenty of liquid)
- Always have something close **by to chew** (chewing gum, an apple, a carrot ...)
- **Reward yourself** after a smoke-free day/week (a nice meal, a good film ...)
- Increase and vary your **leisure activities**
- Take regular **physical exercise** (in agreement with your doctor)
- **Supportive measures:**
  - Nicotine substitutes (chewing gum, patches or nasal spray)
  - Acupuncture, acupressure
  - Autogenic training, hypnosis

## Important addresses:

**Arbeitsgemeinschaft Asthmaschulung e.V. (Association for Asthma Training)**  
Iburgerstr. 187 · 49082 Osnabrück, Germany  
Tel.: 05 41/5 60 22 13 · Fax: 05 41/5 82 99 85  
[www.asthmaschulung.de](http://www.asthmaschulung.de)

**Deutscher Allergie- u. Asthmabund e.V. (DAAB)**  
(German Allergy and Asthma Association)  
Fliethstr. 114 · 41061 Mönchengladbach, Germany  
Tel.: 0 21 61/81 49 40 · Fax: 0 21 61/8 14 94 30  
[www.daab.de](http://www.daab.de)

**Deutsche Atemwegsliga e.V. (German Airways Association)**  
Burgstr. 12 · 33175 Bad Lippspringe, Germany  
Tel.: 0 52 52/93 36 15 · Fax: 0 52 52/93 36 16  
[www.atemwegsliga.de](http://www.atemwegsliga.de)

**Deutsche Hilfsorganisation Allergie und Asthma e.V. (DHAA)**  
(German Organisation for Help with Allergy and Asthma)  
Bonusstraße 32 · 21079 Hamburg, Germany  
Tel.: 0 40/7 63 13 22 · Fax: 0 40/7 63 13 39  
e-mail: [dhaa-hamburg@t-online.de](mailto:dhaa-hamburg@t-online.de)

**Patientenliga Atemwegserkrankungen e.V. (Patient Association for Airways Diseases)**  
Berliner Straße 84 · 55276 Dienheim, Germany  
Tel.: 0 61 33/35 43 · Fax: 0 61 33/92 45 57  
[www.patientenliga-atemwegserkrankungen.de](http://www.patientenliga-atemwegserkrankungen.de)

**Deutscher Verband für Gesundheitssport und Sporttherapie e.V. (German Association for Sport for Health and Sports Therapy)**  
Vogelsanger Weg 48 · 50354 Hürth-Efferen, Germany  
Tel.: 0 22 33/6 50 17 · Fax: 0 22 33/6 45 61  
[www.dvgs.de](http://www.dvgs.de)

**AG Patientenschulung Astellas Pharma GmbH (Patient training company)**  
Postfach 800 628 · 81606 München, Germany  
Kostenfreie Hotline: 0 800/111 45 44  
[www.atemwegserschulung.de](http://www.atemwegserschulung.de)