



**ASTHMA
AUSTRALIA**

哮喘: 我应当知道什么?

ASTHMA: WHAT SHOULD I KNOW?

A community resource in Simplified Chinese



你知道吗?

Did you know?

哮喘很常见: 在澳洲有2百万人患哮喘。

Asthma is very common: 2 million people in Australia have asthma.

哮喘能在任何年龄段发病。

Asthma affects people of all ages.

哮喘患者通常会有家人也患哮喘和过敏, 比如干草热和湿疹。

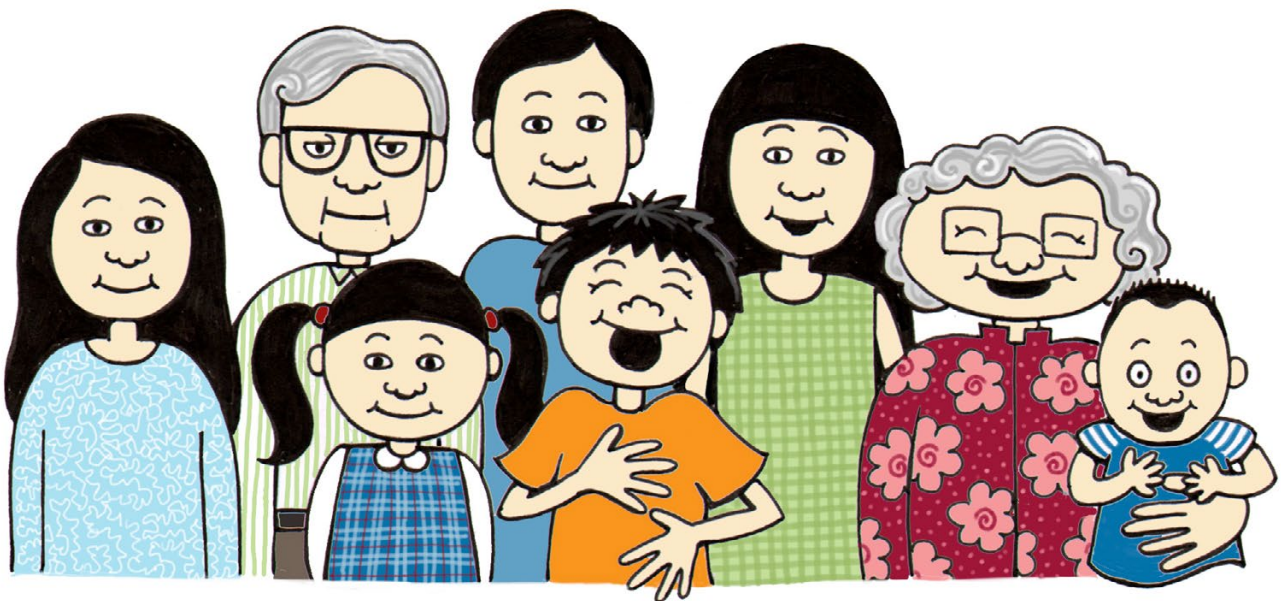
People with asthma often have other family members with asthma and allergies such as hay fever and eczema.

哮喘不能治愈, 但可以用日常计划很好地控制。

There is no cure for asthma but it can be well-controlled with a daily plan.

哮喘是住院、旷课和旷工的主要原因之一。

Asthma is one of the main reasons for hospitalisation, absence from school and work.



确切地说什么是哮喘?

What exactly is asthma?

哮喘是一种影响肺部微小气道的病。

Asthma is a condition that affects the small airways in the lungs.

哮喘患者的气道很敏感, 其有三种反应方式:

People with asthma have sensitive airways that react in three ways:

- 气道的里侧变得红肿

The airways become red and swollen inside.

- 气道周围的肌肉变得很紧

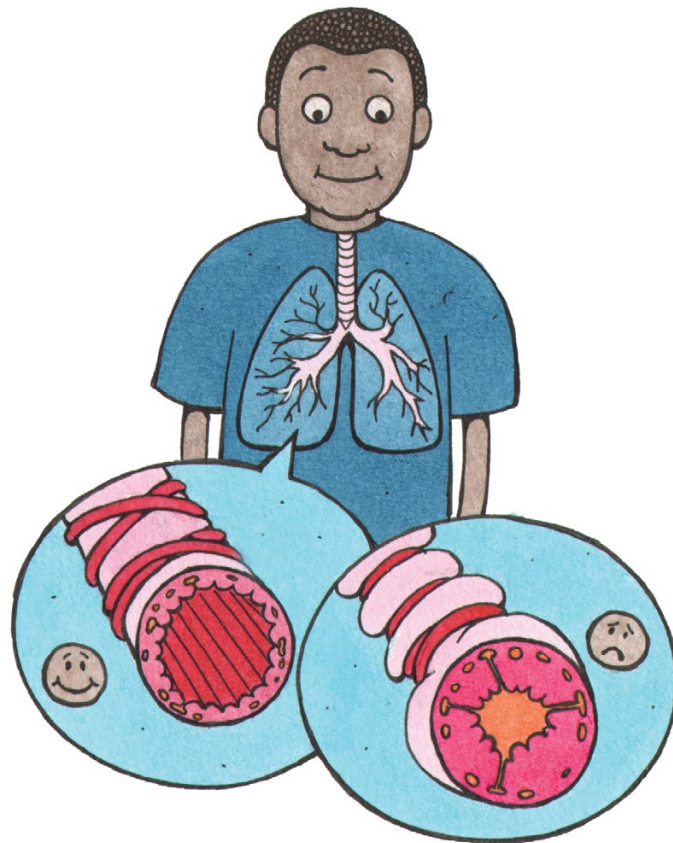
The muscles around the airways become tight.

- 气道里产生出粘液

Mucus is produced in the airways.

哮喘既可以突然发生(几分钟之内), 也可以在很长一段时间内发生(几天或几周)。

Asthma can happen very suddenly (within minutes) or it can happen over a long period of time (days or weeks).



哮喘的迹象和症状是什么？

What are the signs and symptoms of asthma?

哮喘患者可能：

People with asthma may have:

— 喘不过气

Breathlessness.

— 咳嗽，尤其在深夜、早上和锻炼后

Coughing, especially late at night and early morning, and after exercise.

— 喘息(哨声般噪音)

Wheezing (a whistling noise).

— 胸口发紧

Tightness in the chest.

症状因人而异。

Symptoms vary from person to person.



触发因素会使哮喘加重。

Triggers make your asthma worse.

三种最常见的触发因素:

The three most common triggers:

— 感冒和流感

Colds and flu.

— 锻炼

Exercise.

— 吸烟

Smoke.



三种最常见的触发因素:

Other triggers:

— 天气变化

Changes in weather.

— 宠物

Pets.

— 花粉

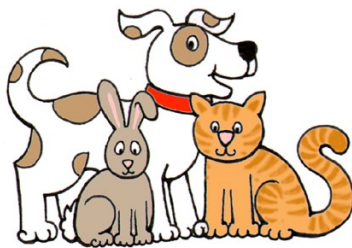
Pollen.

— 霉菌

Moulds.

— 强烈气味

Strong smells.



— 粉尘

Dust.

— 某些药物

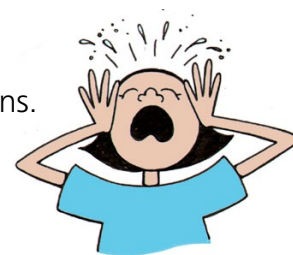
Some medications.

— 食品 and 食品添加剂

Food and food additives.

— 情绪

Emotions.



哮喘患者每人对触因的反应各不相同。与你的医生讲讲影响你的哮喘的触因。

Everyone with asthma responds to different triggers.

Talk to your doctor about the triggers that affect your asthma.

我怎么发现我是否有哮喘?

How can I find out if I have asthma?

与你的医生讲, 医生将:

Talk to your doctor who will:

— 询问你的症状

Ask about the symptoms.

— 询问你的总体健康状况, 包括你和家人有没有湿疹或干草热等过敏症状

Ask about general health, including whether you or other family members have allergies like eczema or hay fever.

— 对你进行身体检查

Do a physical examination.

— 安排肺功能测试(为成人和6岁以上儿童)

Arrange a lung function test (for adults and children aged over 6 years).

生活方式会影响哮喘吗?生活方式的选择很重要!

Does lifestyle affect asthma? Lifestyle choices are important!

— 不要吸烟或者吸入他人的烟味

Do not smoke or breathe in other people's smoke.

— 健康饮食, 多吃新鲜蔬菜和水果

Enjoy healthy eating with fresh vegetables and fruit.

— 尽力减去多余的体重

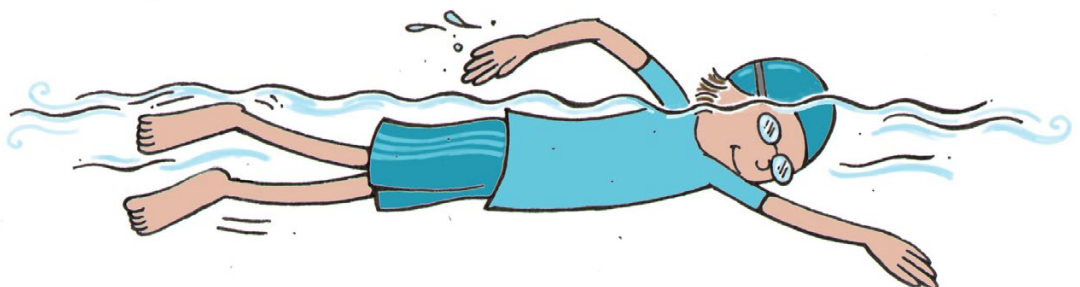
Try to lose excess weight.

— 进行体力活动- 与你的医生谈谈如何安全锻炼

Enjoy physical activity- talk to your doctor about exercising safely.

— 管控压力

Manage stress.



何谓哮喘控制得好?

What does good asthma control mean?

当哮喘患者可做如下时即意味着哮喘控制得好:

People have good asthma control when they:

— 能做正常的活动

Can do normal activities.

— 睡眠良好, 夜间或醒来时没有症状

Sleep well, with no symptoms at night or on waking.

— 白天的症状不超过每周两次

Daytime symptoms no more than twice a week.

— 每周使用蓝色吸入器两次以上以缓解症状

Use their blue puffer less than twice a week to relieve symptoms.

重要的是, 如果你的哮喘控制得不好就要去看医生。要求请翻译!

It is important to go to your doctor if your asthma is not well-controlled. Ask for an interpreter!



你的哮喘药和设备

Your asthma medicine and devices.

哮喘药主要有两大类:缓解药和预防药。它们发生作用的方式不同。

There are two main groups of asthma medicines: relievers and preventers.

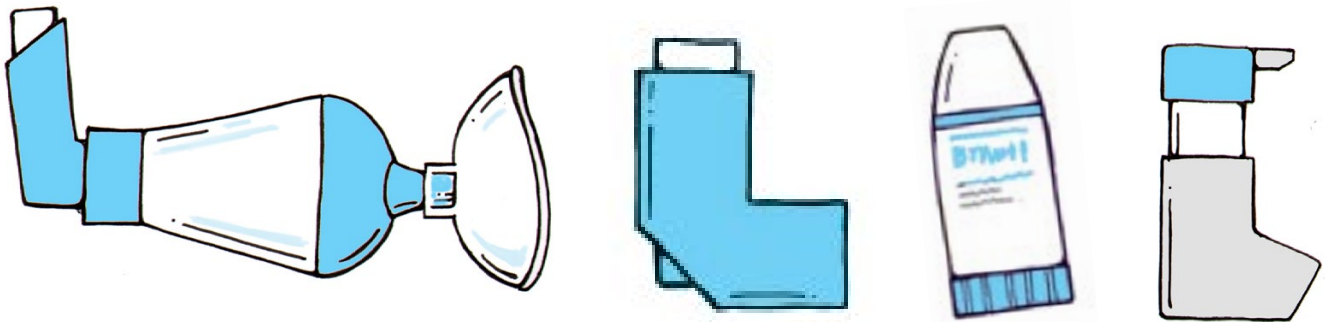
They work in different ways.

有很多种设备;很重要的一点是,你要与健康专家核实你的使用方法是正确的!

There are many different devices; it is very important to check with a health professional that you are using it correctly!

在使用吸入器的同时用储雾罐,药物会更好进入肺部并且减少副作用。

By using a spacer with your puffer the medication reaches the lungs better and reduces side effects.



你的哮喘药什么是缓解药?

Your asthma medicine. What is a reliever?

— 缓解药是能够迅速缓解哮喘症状的作用快速的药

Relievers are fast acting medicines that **relieve asthma symptoms quickly.**

— 它们能通过使气道周围的肌肉放松把气道打开

They open up the airways by relaxing the muscles around the airways.

— 它们能够在几分钟之内发挥作用并且能持续4小时

They start to work within minutes and last for up to 4 hours.

— 总是随身携带缓解药,当症状发生时用药治疗。

Always carry your reliever with you and use it to treat symptoms when they happen.

— 你如果每周需要用缓解药两次以上来缓解哮喘,那么你应当看医生,因为你的哮喘可能控制得不好。

If you need to use your reliever on more than two days a week to help relieve your asthma you should visit your doctor. Your asthma may not be well-controlled.

你的哮喘药什么是预防药？

Your asthma medicine. What is a preventer?

— 预防药使气道较少敏感。

Preventer medicines make the airways less sensitive.

— 它们减轻气道内部的红肿, 并且帮助清干粘液。

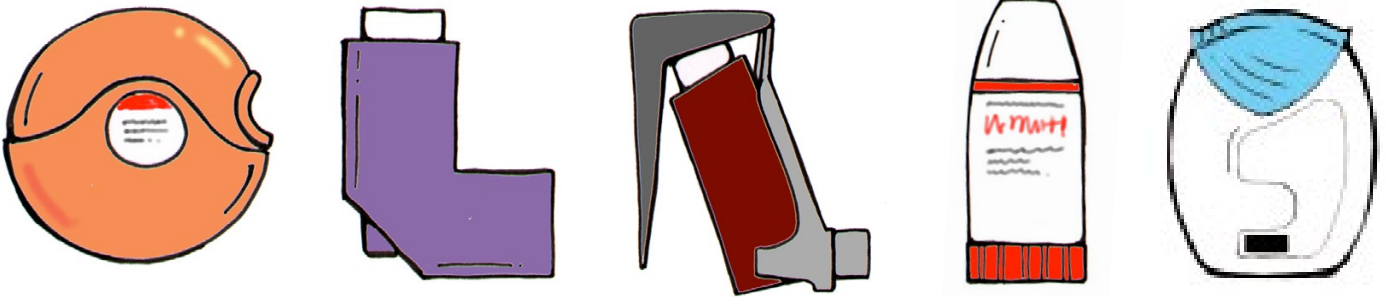
They reduce redness and swelling inside the airways and help to dry up the mucus.

— 预防药需要每天服用以减轻症状和预防哮喘的发作

Preventers need to be **taken every day** to reduce symptoms and prevent asthma attacks.

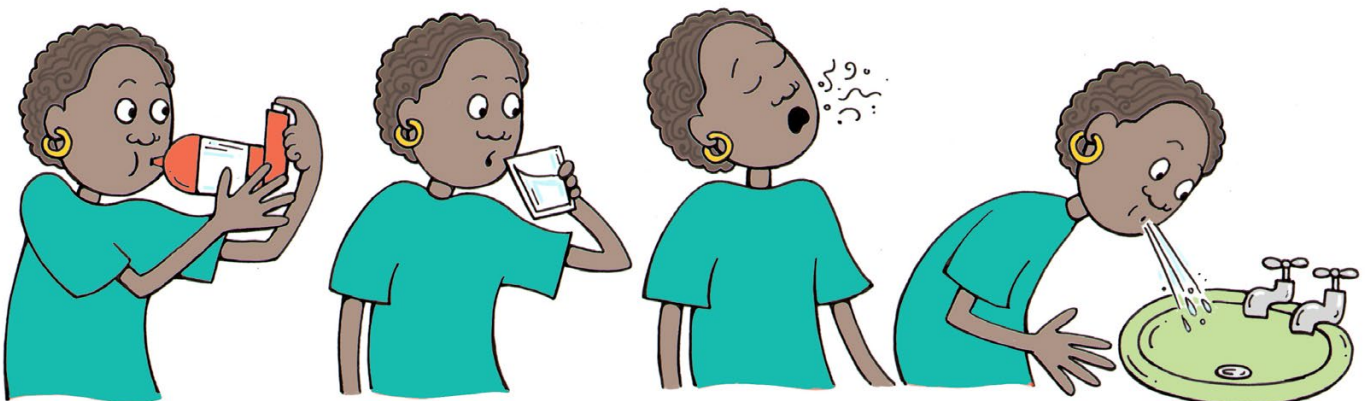
— 预防药可能需要几周才能开始见效。

Preventers may take a few weeks before they start to work well.



— 在服用预防药后要记住漱口和吐水, 以防止喉咙疼痛、声音嘶哑和其它副作用。

Remember to rinse, gargle and spit after using a preventer, to prevent sore throat, hoarse voice and other side effects.



为什么要戒烟?为什么不要吸入烟味?

Why stop smoking? Why stop breathing in smoke?

有这么多好处!

There are so many benefits!

— 哮喘控制得更好

Better asthma control.

— 总体更健康

Better overall health.

— 哮喘药更有效

Asthma medicines work better.

— 家人和朋友安全

Safety for family and friends.

— 能够享受生活和活动

Able to enjoy life and activities.

— 省更多钱!

More money!



拨打戒烟热线13 78 48, 要求免费请翻译。

Ring the Quit Line on 13 78 48. Ask for a free interpreter.



我有时呼吸困难。这是否肯定是哮喘？

I have trouble breathing sometimes. Is it definitely asthma?

— 这不见得总是哮喘。

It may not always be asthma.

— 其它病状也会引起呼吸困难。

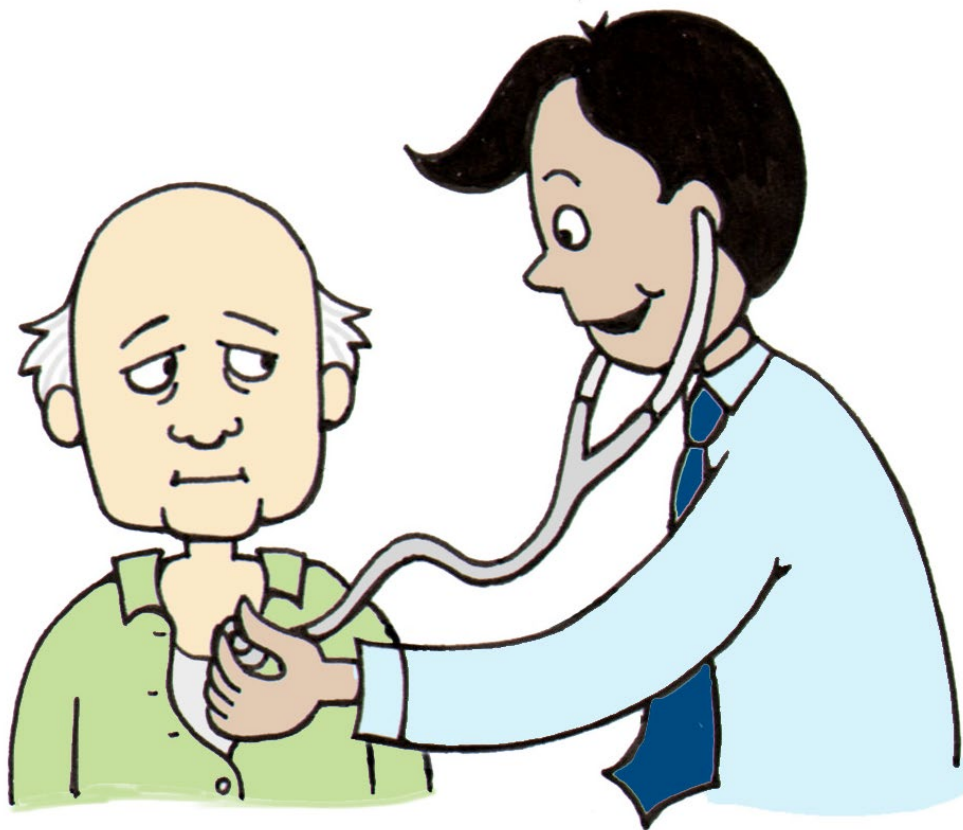
There are other conditions that cause difficulty with breathing.

— 某些焦虑症患者也可能会有这些症状。

Some people with anxiety may have these symptoms too.

与你的医生说说你的症状！

Talk to your doctor about your symptoms!



什么是哮喘行动计划?

What is a written asthma action plan?

医生与病人就哮喘进行交流并一起写下计划。

A doctor talks to their patient about their asthma and together they write a plan.

计划帮助哮喘患者或其照料者:

The plan helps a person with asthma or their carer to:

— 日常管理哮喘

Manage asthma day to day.

— 识别哮喘加重的情况, 对于做什么给出明确的指示, 以保持安全

Recognise worsening asthma and give clear instructions on what to do about it, to keep safe.

每一名哮喘患者都应当有一个哮喘行动计划(action plan)。

Everyone with asthma should have an asthma action plan.



我如何能帮助哮喘患者？

How can I help someone with asthma?

— 了解哮喘以及如何识别哮喘加重的迹象

Learn about asthma and how to recognise signs of worsening asthma.

— 了解在哮喘紧急状态下应当做什么。

Learn what to do in an asthma emergency.

— 遵遁4 x 4 x 4计划来帮助哮喘发作的人们（参阅第...页）

Help someone if they have an asthma attack by following the 4 x 4 x 4 plan (see back page).

— 保持镇定

Keep calm.

— 你如果不知道该做什么就呼叫救护车。拨打000

Call an ambulance if you are unsure what to do. Ring 000.



我能联系谁以获得更多的信息?

Who can I contact for more information?

拨打哮喘基金会(Asthma Foundation)。

Call the Asthma Foundation.

拨打1800 ASTHMA (1800 278 462), 要求与一名哮喘教育员通话。
有免费翻译服务。

Ring 1800 ASTHMA (1800 278 462) and ask to speak to an asthma educator.

Free interpreter services available.

没有任何问题太大或太小。

No question is too large or too small.



哮喘患者生活好的建议:

Some tips for living well with asthma:

— 了解哮喘以及如何控制它

Learn about asthma and how to control it.

— 总是随身携带一个蓝色的缓解吸入器。在出现哮喘症状时使用它。

Always carry a blue reliever puffer with you. Use it when you get symptoms of asthma.

— 每天按处方服用预防药,即使当你还不错的时候。

Take your preventer every day as prescribed, even when you are well.

— 与你的医生谈谈哮喘行动计划,这样如果哮喘加重时你就知道该做什么

— Talk to your doctor about an Asthma Action Plan so you know what

to do if your asthma gets worse.

— 与你的健康专家(医生、药剂师、护士、健康工作者)核实一下你是否在正确服用哮喘药和使用哮喘吸入器。

Check with your health professional (doctor, pharmacist, nurse, health worker) that you are using your asthma medicines and your asthma inhaler devices correctly.

— 储雾罐很容易使用。它们能帮助药物进入肺部并减少副作用。在用吸入器的同时用储雾罐。

Spacers are easy to use. They help the medication get down into the lungs and they reduce side effects. Use a spacer with your puffer.

— 与你的医生谈谈都有什么事情可能会使你的哮喘加重。不要吸烟或者吸入他人的烟味。

Talk to your doctor about the things that might make your asthma worse.

Do not smoke or breathe other people's smoke.

— 治疗药粉症以有助于控制哮喘。药粉症的症状包括眼流泪发痒、流鼻涕或鼻子阻塞、喘息等

Treat your hay fever to help control your asthma. Symptoms of hay fever include itchy watery eyes, runny or blocked nose, sneezing.

— 定期与你的医生谈谈你的哮喘,即使你的哮喘控制得很好。要求请翻译!

Visit your doctor regularly to talk about your asthma, even if your asthma is well controlled.

Ask for an interpreter!

哮喘急救法

What to do in an asthma emergency

哮喘进入危险阶段的迹象

Signs of very dangerous asthma.



1

坐起

Sit up.



2

用带储雾罐的蓝色吸入器喷4次。每喷一次吸气4次（总共吸气16次）



Take 4 puffs of blue puffer with a spacer.
Take 4 breaths after each puff (16 breaths total)

等待4分钟

Wait 4 minutes.



3

如无好转，用带储雾罐的蓝色吸入器再喷4次。每喷一次吸气4次。

If not better, take 4 more puffs of blue puffer with a spacer. Take 4 breaths after each puff.

Wait 4 minutes.

等待4分钟



4

如果仍未改善，拨打000叫救护车。继续每4分钟使用蓝色吸入剂4次，直至救护车到达。

If still not better, call an ambulance: 000. Keep on giving 4 puffs every 4 minutes until the ambulance comes.



需要更多信息 拨打 1800 278 462 (免费传译服务)

Do you need more information? Call 1800 278 462 (Free interpreter service)

Asthma Australia does not replace professional medical advice. People should ask their doctor any questions about diagnosis or treatment.
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