

Asthma is an unpredictable disease. This is why asthma is also quite scary. Many people consider it to be a hurdle in their daily activities. Although, doctors advise most asthma patients to lead a normal life, there is some skepticism in the minds of patients when they are travelling. It is not without a reason. When you are away from home, you do feel uncomfortable with the nagging threat of an attack of asthma catching you unawares. But, if you take care of a few important things it is not just possible but also quite easy to control asthma when you are traveling.

- Asthma may strike anywhere, anytime. But, an asthma attack usually gives enough early warning signs. These may differ from person to person. Learn to tune-in to the early warning signs given out by your body. If you are travelling with an asthma afflicted child or an elderly person, educate yourself to understand their early warning signs also.
- Carry the asthma medication in such a way that it is easily accessible and you can reach it without any outside help.
- If you have allergic asthma, checking the allergen level in the area of destination is important.
- If you have allergic asthma, and you cannot avoid traveling to a place with high density of the culprit allergen, start taking a dose of your medication a couple of days before your date of travel.
- If you are travelling alone, it is always good to have a letter from your physician describing your condition and the necessary care it demands. Carry this letter all the time with you. In case of a dire emergency you can just point the paramedics or people helping you to the letter. If you are travelling to a foreign land, it is good to have the letter translated in the local language.
- Keep your thought process positive. Worrying too much about anything generally attracts it to you. So, be happy and know that you have taken good precautionary measures to ward off your asthma.

Asthma is completely curable. It can be effectively controlled if you take enough care. The above important points help you in taking care of your asthma while you are traveling, either alone, or with an asthma afflicted kid or elderly person.

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