

## **Traveler's Check for Asthma Patients** - for my website, which is presently under construction

Asthma is really about managing yourself better by learning to accept the signs shown by the body. Creating changes in lifestyle for better discipline are also extremely necessary.

Asthma is worrisome because most of the people consider it to be a disease that strikes in a very unpredictable fashion. For some people it is also true. The people who get diagnosed after suffering with a severe attack are obviously scared. They feel that they have become victims to something that may hunt them down in most bizarre scenarios. But this may not be so true after all. Like all other diseases asthma too gives ample time for the body to react before striking with its full fury. It is also true that most first attacks of asthma are not fatal. But they definitely set a feeling of helplessness among young adults, and even in elderly people.

Most young adults cannot maintain a sedentary lifestyle just because they are victims of asthma. Many of the people have to travel quite a lot in order to advance their careers. Many senior citizens also need to travel because of one reason or the other. Travelling is unavoidable for many children as well. Since asthmatics sometimes react badly with new situations or new surroundings so certain precautions need to be taken while travelling.

- When a person is travelling alone he needs to keep all his medication in a place where he can reach it quickly and without help. So accessibility of the medication is of utmost importance. This is also to be kept in mind while travelling with asthmatic kids or senior citizens.
- It is also advisable to keep a duplicate set of medications also within accessible reach.
- It is advised to not sit in smoking sections of airport lounge, restaurants trains and airplanes. Wherever a choice is not available it is better to keep the mouth and nose covered with a mask or a handkerchief.
- It is also advisable to keep a letter from your doctor within accessible range. This letter may state your condition clearly and in legible writing. And should also mention the treatment administered. This is especially applicable while travelling to foreign countries. Such a letter would give complete details of your condition as well as the corrective action plan to anyone who may not understand your situation well. Also it is advised to keep a translated copy of the letter in the native language in case you are travelling to a foreign country or a place where the local language may be the most easily available mode of communication.
- While travelling to new areas it is advisable to check the pollen calendar of that area to give an idea of pollen that you may be allergic to.
- If the visit is for recreational purpose it is better to avoid it completely to areas with high pollen counts.
- It is also advisable for the allergic people to keep a list of things they are allergic to with them. This comes in handy if one has an attack all of a sudden and needs to be handled by other people around him.

- It is also advisable that the people who suffer from asthma avoid staying in cheap hotels and other places where cleanliness may be a considerable factor. This is to avoid coming in contact with dust allergens.
- It is also advised that an allergic person may not visit homes that have pets. It is best advised to leave your own pets also at home while travelling.
- If at all a visit to such a place where coming in contact with animals is inescapable, it is best to start taking the medication two or three days in advance so as to be able to tide over any untoward manifestation of the symptoms.

With these precautions and prevailing common sense, travelling for asthma patients may not be scary at all. It may even be enjoyable.

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