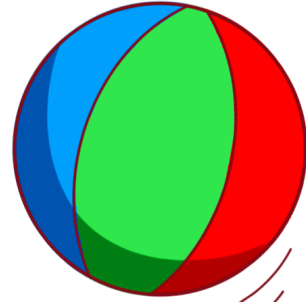
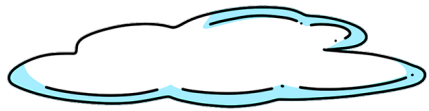




PLAY ON



with Well-Controlled Asthma



Carlos, Sara and Sophia are playing with their friends at the school playground.



Hey!
Stop the game!
Carlos is huffing,
puffing and
coughing a lot!
What's that
sound he's
making?



Carlos is wheezing.
I sound like that when
my asthma acts up.

Carlos, are you ok?



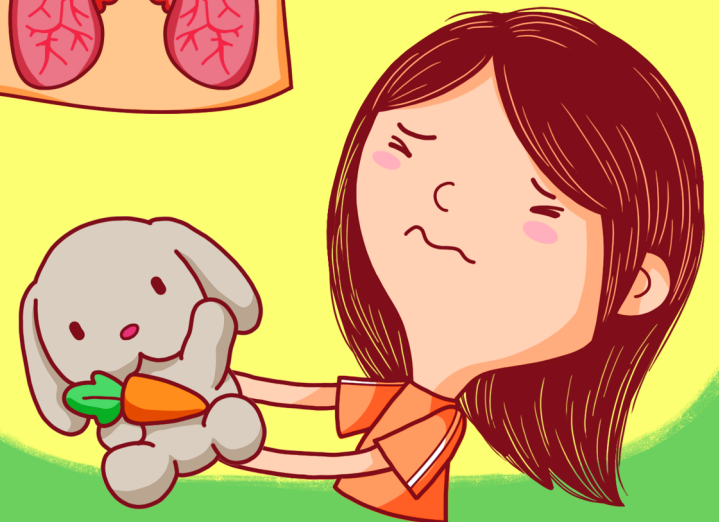
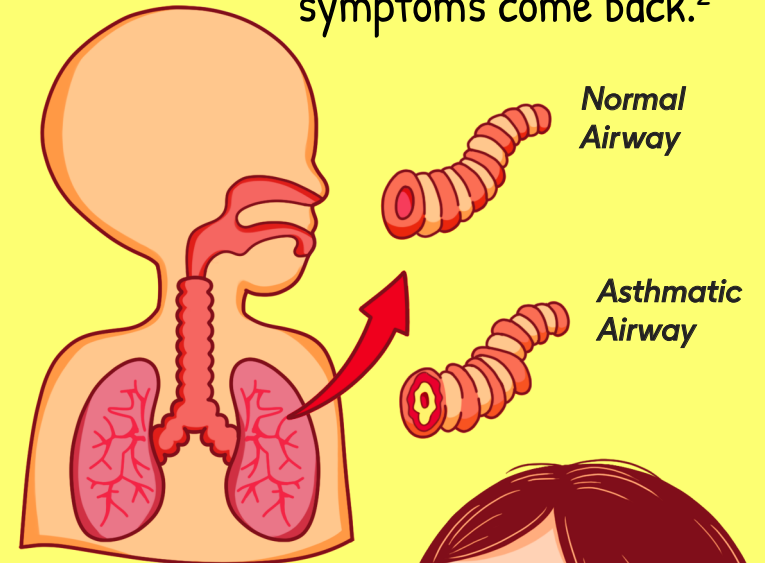
With one hand on his chest, Carlos fumbles for his reliever inhaler, and inhales quickly.

I have asthma.

What's asthma?

Asthma is a disease that affects the lungs and makes it harder to breathe.¹ A lot of kids have asthma.¹

I haven't played with soft toys in a while as they make it hard for me to breathe if they are dusty, because dust is one of the triggers that makes my asthma symptoms come back.²



After taking his
reliever inhaler...

Thanks, I feel
much better now.

Does this happen often?



I feel breathless when I run too
much.² Sometimes, I even wake
up in the middle of the night
gasping for air...³





That used to happen to me. Sometimes, even walking in the park made me breathless.² My doctor told me some children get asthma from grass and their pets, which are also triggers of symptoms.¹

Asthma triggers²



Pollen



Exercise



Dust mites



Pets & furry animals



Smoke

But a lot has changed since my doctor gave me another medication to make my asthma better. She said it would help 'control' my asthma.

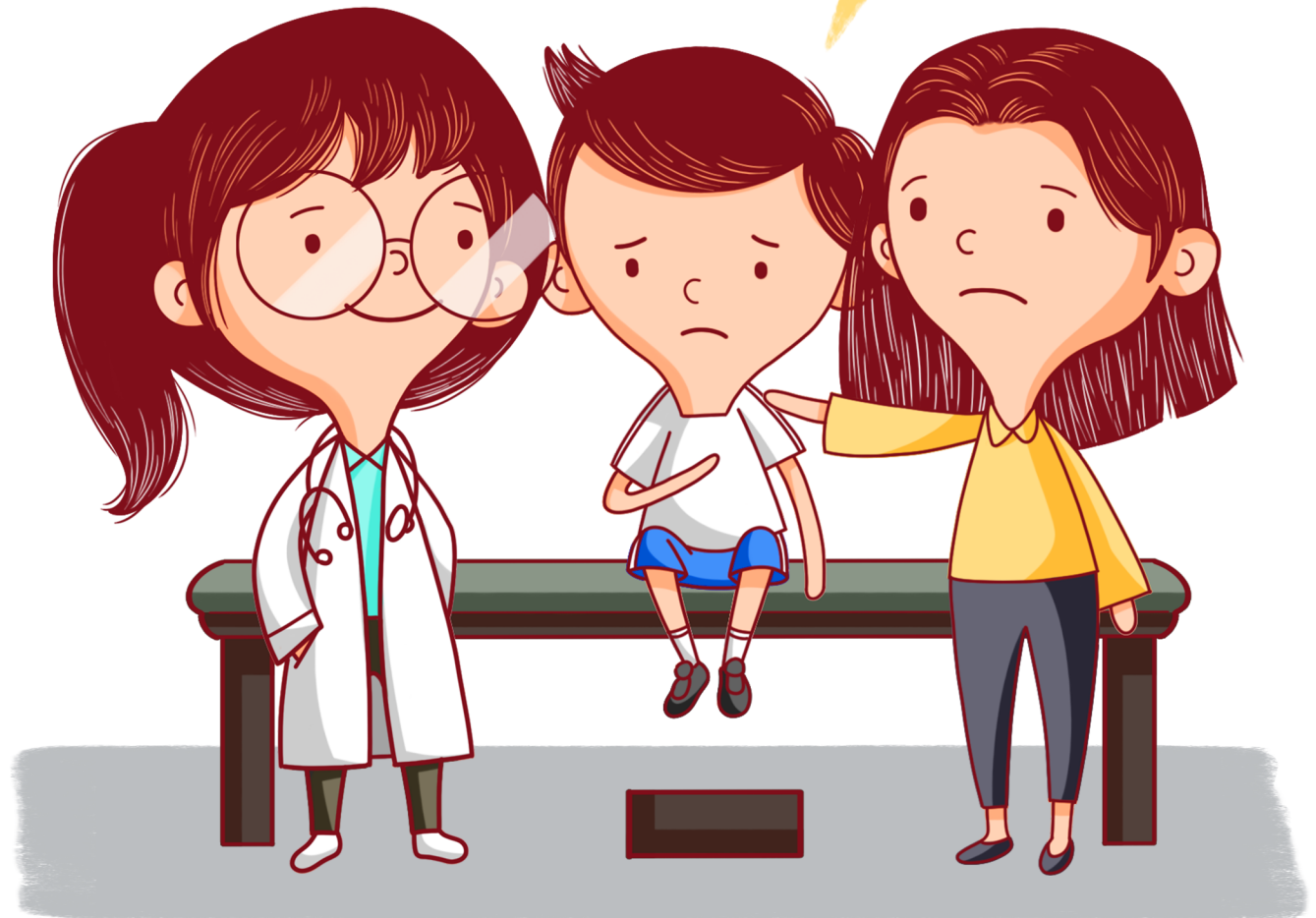
Carlos tells his mum about getting breathless at the playground again.

She takes him to see Dr. Sandy.



Hi, Carlos!
How are you feeling?

Not too good. Yesterday
when I was playing with my
friends, I had to stop because
I had trouble breathing.^{1,4}
I feel tired all the time.⁴





Are you sleeping well?

I've been tossing and turning in bed.¹
Some nights I wake up feeling like
there's a giant rock on my chest.¹



How often do you use
your reliever inhaler?

Maybe three to four
times a week.⁴

Seems like your asthma is not
well-controlled, therefore you
are unable to do things you
should be able to otherwise.⁴
Let's run some tests.

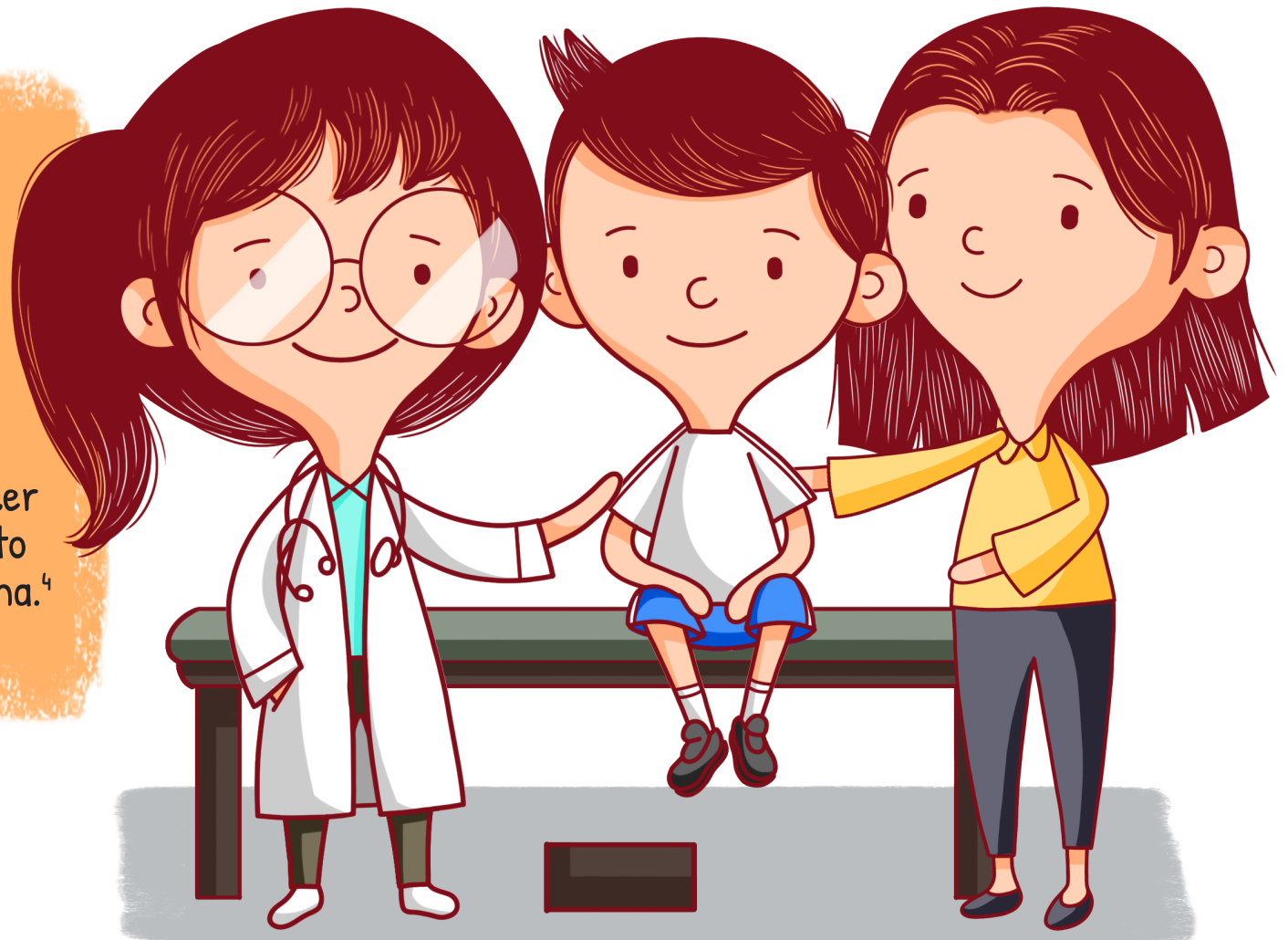


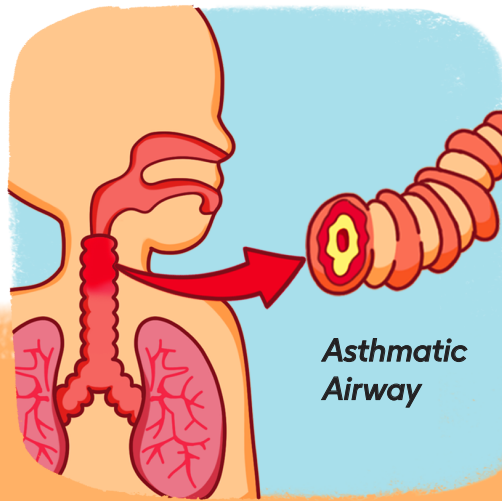
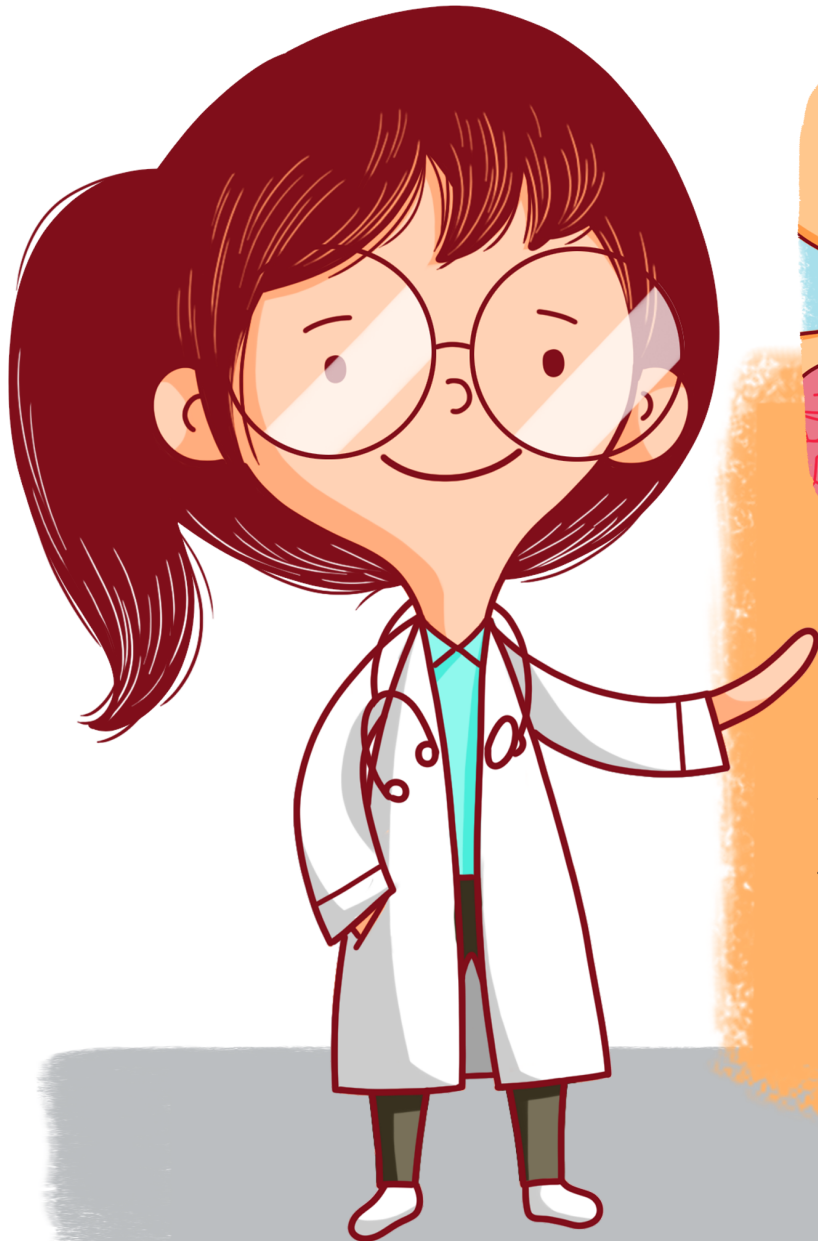
After Dr. Sandy reviews Carlos' test results, she speaks with Carlos and his mum about his asthma medication.

Hi Carlos, your test results are back, and your asthma is indeed not well-controlled.

There are many types of medications for asthma that depend on how bad your asthma is and what symptoms you experience.⁴

Your choice of medication may range from changing your inhaler to adding additional treatment to help with controlling your asthma.⁴





Remember, even when you don't have any asthma symptoms, the lining of the airways in your lungs may have inflammation.⁵


Treating this inflammation can help with providing asthma control.^{6,7}

A few days later, Carlos happily talks to Sara about the asthma treatment he received and the symptom relief he experienced.

Hi Sara, since I've seen Dr. Sandy and received my medication, I've been using it regularly and feeling much better.

That's great! I've been using mine regularly too for the last few months and I have been feeling better!⁴ The doctor said this means my asthma is well-controlled and it is important to make sure I take my medication regularly otherwise my symptoms may come back.⁴



A cartoon illustration of a girl and a boy in a green field. The girl on the left has long brown hair, is wearing an orange shirt and blue shorts, and has her arms raised. The boy on the right has short brown hair, is wearing a white shirt, and has his arms raised. There are three blue-outlined clouds in the sky. A yellow speech bubble is at the top left, and a yellow speech bubble is at the bottom center.

Let's make sure we remind and encourage each other to take our medication regularly so that we don't get symptoms and our asthma is well-controlled. That way, we can enjoy going to school and playing together with our friends!

Yes! Let's do it together!

With the help of the right medication prescribed by Dr. Sandy, Carlos has less fear of asthma interrupting his everyday.

He looks forward to learning and playing with his friends at school.



Adverse events should be reported. Please check the patient information leaflet that comes in the pack with your child's medicine for details of how to report any possible side effects. You can also fill in a form at www.gsk.com/en-gb/contact-us/report-a-possible-side-effect/.

References: 1. World Health Organization. Asthma. Available from: <https://www.who.int/news-room/fact-sheets/detail/asthma>. Accessed January 2023. 2. Centers for Disease Control and Prevention. Common Asthma Triggers. Available from: <https://www.cdc.gov/asthma/triggers.html>. Accessed January 2023. 3. Wildhaber J, et al. *Pediatr Pulmonol* 2012;47:346–57. 4. GINA. Global strategy for asthma management and prevention, 2022. Available at: <https://ginasthma.org/wp-content/uploads/2022/07/GI-NA-Main-Report-2022-FINAL-22-07-01-WMS.pdf>. Accessed January 2023. 5. Barbato A, et al. *Am J Respir Crit Care Med* 2003;168:798–803. 6. Kansal P, et al. *J Asthma* 2018;55:385–90. 7. Ishmael FT. *J Am Osteopath Assoc* 2011;111(Suppl 7):S11–17.