



## Speaking from Experience Asthma in Adults

### Transcript for chapter 9 of 12: Other management techniques

**Leisl:** Mum and dad had indoor fires and carpet, and things that weren't ideal. So they started building a unit next door to mum and dad's. We had an architect research everything he could on asthma-friendly things.

**Glenda:** I'd try and keep away from my triggers. I don't have pets in the house. I don't allow smoking anywhere near me of course. When I dust I wear a mask, which probably makes people think I look rather peculiar, but never mind.

**Leisl:** The asthma unit has got everything you can possibly imagine for asthmatics - no ledges, wooden floors, the heating is bank heating and it has got a filter system for high-pollen days. The shelving is all wire racking, so it breathes and dust mite doesn't accumulate. The windows are double-glazed to keep the heat in, the blinds are all vertical.

**Glenda:** And if possible, keep away from flu. I always have flu injections, because that's a very bad trigger.

**Leisl:** Also, at the same time, I did a big diet change. We took out all chemicals, and preservatives, additives, colourings.

**Margaret and Michael:** Things like making sure that if was getting sick towards the weekend, that I would make the most of weekends, to make sure that I would be okay to go to work on the Monday. And with study, making sure that you spaced it out across the period of time so that you weren't pressured all at one time.

**Leisl:** I was then on anti-depressants for about three years. I'm actually back on them at the moment, even though I'm really being very good. And I was seeing a psychiatrist to help deal with it, because it's not average - I mean, you're average twenty year old is clubbing, got boyfriends, going out, working, meeting people. And here I am, stuck at home.

**Glenda:** I tried the Yutako method of breathing, as a matter of interest, but I didn't find it worked for me at all. But I do have Chinese herbs. I go to a Chinese doctor who has had five years of training, so she is very well qualified. But I never go off my asthma medication. I use it as an adjunct, and my own doctor knows about it. He's quite happy about it. I do think that it's important that if you're taking something else, you tell your doctor so that he can make sure that the two things don't counteract each other. I've found that the combination has been good for me, but it might not work for everybody.

**Leisl:** I'd tried a lot of natural remedies. I did a Russian rock therapy, which was where you sit in a room and they had heavy salt rocks and relaxing music. I did herbal remedies with Chinese doctors. I've done acupuncture, massage, chiropractors, some other bits and pieces... too numerous to mention. They haven't really helped at all. They've relaxed me a little bit. I found that my biggest thing during severe attacks was to use relaxation and meditation to help control the breathing and try and get the peak flows up.