

BETTER DRUMMER BOY



Learning about
ASTHMA

BETTER DRUMMER BOY

Written and Illustrated
by Ayaya Marketing and
Communications.



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THE  LUNG ASSOCIATION™
New Brunswick



It all started when I caught a little cold,
which soon became a bigger cold,
which soon became the biggest, ickiest
cold that I ever had in my entire life.

The ickier and yuckier my cold got,
the harder it was for me to breathe.

Soon, it felt like a giant polar bear was
sitting right on my chest!

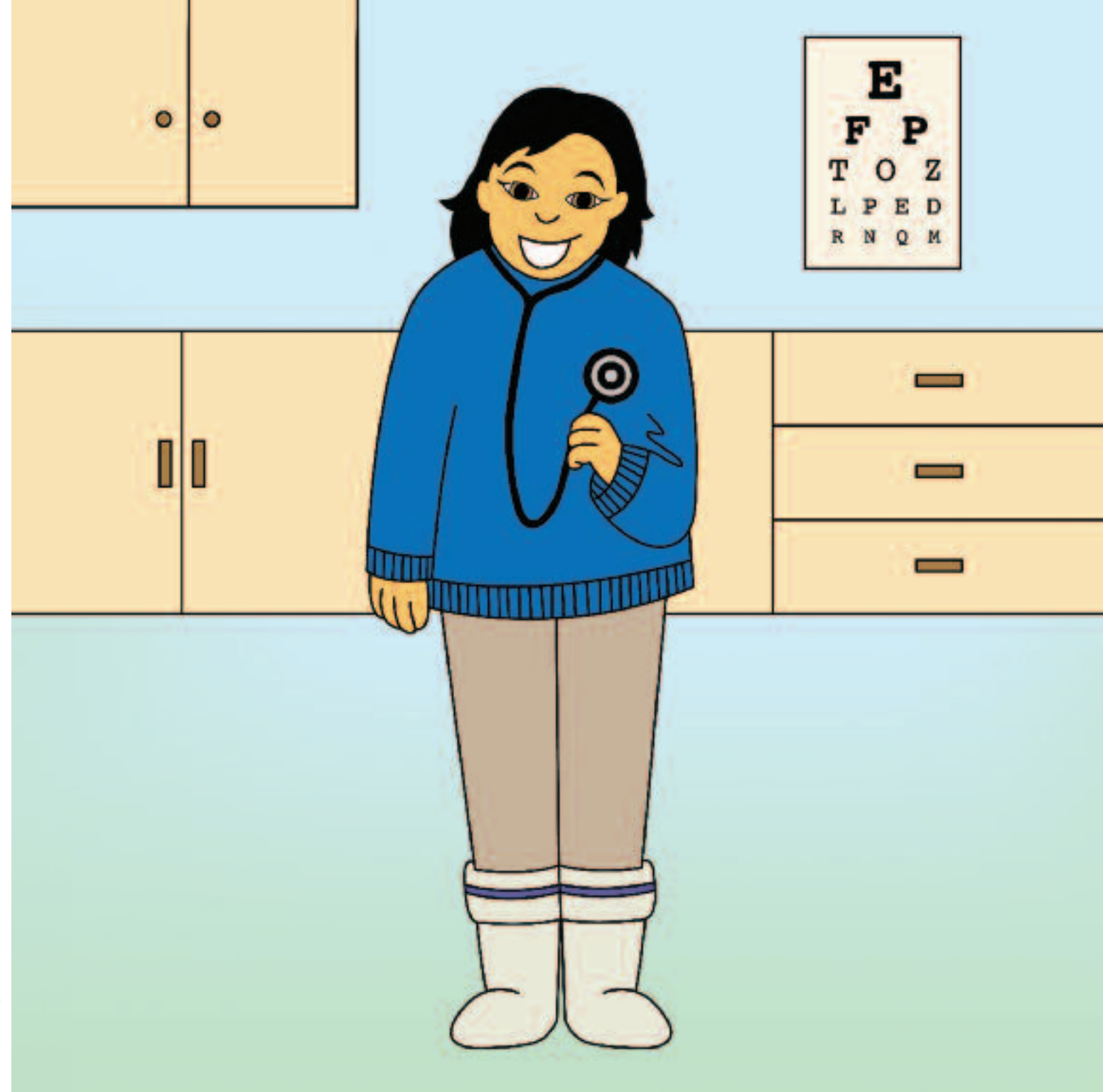


When I told my Mom and Dad about the polar bear, they decided to take me to the health centre.

My Dad told me that the health centre was filled with lots of nice doctors and nurses who help you feel better.

Although I was a little scared to go there, when the nurse came in I felt happy to see her.

She had a stethoscope dangling around her neck that she used to listen to my breathing.



“My name is Nurse Anna,” she said. “I am going to get that polar bear off your chest and help you to breathe better!”

Then she showed me a strange looking mask.

She asked me to breathe from the mask, which holds the medicine and would help me to feel better. She told me to try to hold my breath and count to ten.



It really did work!

The polar bear had finally gotten off my chest and it wasn't hard for me to breathe anymore! Good-bye Mister Polar Bear!



Nurse Anna said, “You have been very brave and you have overcome that polar bear. You look much better now, like you could do some drum dancing!”

So, we will call you Better Drummer Boy!”

“Now listen carefully,” she said. “You have something called asthma. A lot of other children and grown-ups have asthma too. Asthma is what makes it hard for you to breathe sometimes and what makes you cough so much. But don't you worry Better Drummer Boy because I am going to teach you what to do to help keep that polar bear off your chest.”



Nurse Anna told me that asthma attacks are caused by triggers that I can avoid.

“What are asthma triggers?” I asked her.

She answered, “Asthma attacks are caused by things called triggers such as dust in buildings, road dust, cold air, mould, old pillows, or from being near somebody who smokes cigarettes.”

I asked, “Could playing with a pet be an asthma trigger?”

“That’s right!” she said. “Knowing about triggers helps you to control your asthma.”



Nurse Anna gave me more than just my nickname.

“Here, Better Drummer Boy,” she said.
“Take both of these.”

Then she gave me two puffers. Puffers are tools that you use to put medicine into your lungs so you can breathe better.

The first one is my controller puffer which can be orange, purple or green. I use it every single day to keep my asthma under control. The other one is my blue reliever puffer. Nurse Anna told me to use this puffer whenever I find it hard to breathe.

I always rinse my mouth and gargle after I use my puffer.



CONTROLLER:
Use this everyday.



RELIEVER:
Use this when you find it hard to breathe.

I make sure to take care of my asthma properly now, so that I can always play my drum and dance, especially with my friends Elisapee and Qalaapik who throat-sing when I drum.

Nurse Anna showed me how to use my puffers by placing the mask over my mouth and nose then pushing down on the puffer. This gives me a spray that I breathe in.

Then I should try to hold my breath and count to ten with the mask on. Then I can take a short break and put the mask back on and breathe in again to get any last bit of medicine and hold my breath again.



The puffers Nurse Anna gave me will help to keep me well, and knowing what can trigger my asthma helps me to prevent it.

I use my controller puffer every day to keep my asthma under control.

Also, I always try to avoid my triggers.

Plus, I bring my blue puffer with me wherever I go, just in case I ever find it hard to breathe.

And that way, as I grow up bigger and stronger, I will always be a ...



BETTER DRUMMER BOY



THE 30 SECOND ASTHMA TEST[®]

- | | YES | NO |
|--|--------------------------|--------------------------|
| 1. Do you use your blue inhaler 4 or more times a week? (Except one dose/day for exercise) | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you cough, wheeze, or have a tight chest because of your asthma? (4 or more days a week) | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do coughing, wheezing, or chest tightness wake you at night? (1 or more times a week) | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you stop exercising because of your asthma? (In the past 3 months) | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you ever miss work, school or social activities because of your asthma? (In the past 3 months) | <input type="checkbox"/> | <input type="checkbox"/> |

**EVEN ONE "YES" MEANS SEE YOUR DOCTOR.
YOUR ASTHMA IS NOT UNDER CONTROL.**