



Please call 911 if you think you have a medical emergency.

Treatment of asthma in pregnancy

The best way to treat asthma is to avoid having an attack in the first place. Avoid exposure to your asthma triggers. This might improve your symptoms and reduce the amount of medication you have to take.

- If you smoke, quit. Smoking can harm you and your fetus. Avoid being around others who are smoking; secondhand smoke can trigger an asthma attack. Secondhand smoke also can cause asthma and other health problems in your children.
- If you have symptoms of gastroesophageal reflux (for example, heartburn), avoid eating large meals or lying down after eating.
- Stay away from people who have a cold, the flu, or other infection.
- Avoid things you are allergic to.
- Remove contaminants and irritants from your home.
- Avoid your known personal triggers (cat dander, exercise, whatever sets you off).

For more information, read the complete article, Asthma in Pregnancy

(<http://www.emedicinehealth.com/script/main/art.asp?articlekey=59154>) on <http://www.emedicinehealth.com>.

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This information is not intended to replace the advice of a doctor.

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