



## Speaking from Experience Asthma in Adults

### Transcript for chapter 11 of 12: The future

**De:** I don't have any particular fears. I haven't been taken to hospital for nearly two years now. I'm fairly well managed, asthmatically. And I would sincerely hope that that continues to be the case.

**Arthur:** As far as the future is concerned, I feel that if I maintain my medical routine, I don't think I will have any further problems. If I do, it will be on a minor scale. I think I'll be able to handle it quite well.

**John:** All of us, I think, have a fear of what's going to happen to us in our old age. You know, I've also been in cancer wards with friends, which is pretty horrific. But what's to say that I, you, any of us, won't come down with cancer? I don't know, but it's always there. It's always in the back of my mind. And I will take as many steps as I can, which are appropriate... not smoking. Any asthmatic who smokes, to me, is quite barmy because it just adds one more factor which you don't need.

**Glenda:** Unfortunately, years of untreated asthma have left me with a bit of lung damage. This is what they think it is, because I've never smoked or anything. And I have COAD, which is Chronic Obstruction Airways Disease, which again is just there. But the asthma, I think I'll cope with that. New medications are coming out all of the time. Each time they change it it's a little bit better. I intend to live to be at least one hundred and thirty!

**Margaret and Michael:** Fairly positive about the future. I think that we're doing as much as we can possibly do. We don't know whether something's going to happen at any particular point in time, but so long as I've always got medication with me.

**Leisl:** I've now got a life, I'm studying and I've just about finished a secretarial accounting course. I've also applied to do a personal training course and hopefully I would like to help people who have been in my situation and say that even if you're exercise-induced, you can get there, you can do it. It's a matter of knowing your triggers, and working around them, and being fit - getting your lung capacity as high as you can get it, and being strong with that.