Improve Your Asthma Management With These Smartphone Apps

by BRENDA VANTA

Useful Asthma Apps

There’s an app for almost everything you can imagine, so why not use this technology to better control you asthma?

Studies have found that asthma apps can improve medication adherence, understanding of the condition and self care, and even enhance child-parent communication.

Be cautious about the app you are choosing, though, as not all of them had been proven to be accurate or effective. Below are some apps suggested by the American Lung Association. Even better, they all can be used by children and adults alike, and some have been designed as educational games.

Don’t forget to update your app when a new version becomes available.

Assist Me with Inhalers

Learning the proper technique when using inhaler is essential to make it effective. How about trying the $0.99 app called Assist Me with Inhalers? This app helps you understand how to use the inhaler, and will also remind you when to use it.

It includes instructions on eleven different types of inhalers, including MDIs, Earlier, authoinhaler, diskus and more. The goal of this app is to teach you the proper inhaler technique and to increase drug compliance. It is currently available only on Apple devices.

Allergy Alert

Pollen and other changes in your environment are well known triggers for allergies and asthma. Use Pollen.com’s app Allergy Alert to stay up to date about the day’s forecasts. This app provides one day alerts or weekly updates on index levels for allergies, asthma, cold and cough, as well as ultraviolet sensitivity. It is free, and available for Android and Apple devices.

The Asthma Journal

Tired of using the old fashion journal and write every day about your symptoms, triggers and medication? A journal can help you to better manage your symptoms and get the right treatment, and now you can make it even easier with The Asthma Journal app, and share the recorded data with your doctor. The basic app is free of charge, while the Pro version costs $4.99. It is currently available only on Apple devices.

A similar alternative, which is free and available on Android devices, is Asthma Tracker & Log.

Asthma Buddy

Asthma flare-ups can be serious. You need to know when the symptoms are getting worse and what to do in those situations. The Asthma Buddy app is free, can help you recognize if your condition is getting worse, and provides step by step instructions for what to do during an attack.

You can also record and access the details and share them with your doctor or an emergency contact person. In addition, it can also help you better understand your condition, the triggers and how to use the medication. Asthma Buddy is available for Android and Apple devices.

Wella Pets

If your child is between 6 and 11, they may enjoy Wella Pets. The game is centered on a dragon that blows fire but has trouble doing so because he has asthma. Your child will have to take care of the pet in a similar way to how they would take care of themselves.

The goal of this app is to improve the technique for inhaler use, to recognize the symptoms of asthma, avoid the triggers and get meds on time. It is free to download, is well researched and is pediatrician approved. Wella Pets is available for both Android and Apple devices.