

# Tips for Managing Wheezing

#### Things you can do on your own

- Stay calm
- Prop yourself up with pillows, and don't lie flat or slouch
- Rest as often as you need to
- Try relaxation methods or meditation

See the Other Resources page for more information

### With the help of your care team

- Your care team may prescribe the following to help manage your wheezing:
  - Oxygen
  - o Inhalers
  - Nebulizers

## When to call your care team for help

- If the wheezing is a new symptom for you, or your inhalers aren't helping
- If you are experiencing shortness of breath or trouble breathing
- If your skin, mouth, or nails look blue or pale
- If you have any chest pain
- If your wheezing does not get better after trying some of the tips above

## Additional information on Wheezing



• <u>Click here</u> for tips about how to manage wheezing

This content was created for the SIMPRO Study and is provided as general health information and is not intended to: invite or establish a healthcare providerpatient relationship, constitute furnishing professional services, constitute, or substitute for, the advice or judgment of a medical professional; or serve as a basis for medical treatment. Updated: September 2022.

© 2022 SIMPRO Study Team (Dana-Farber Cancer Institute Inc., Baptist Memorial Health Care Corporation, Dartmouth-Hitchcock Medical Center, Lifespan Cancer Institute, West Virginia University Cancer Institute, Maine Medical Center). All Rights Reserved