

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.



With the help of your care team

Ask your care team about prescription medications for wheezing. Your care team may prescribe the following to help:

- Oxygen
- 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 chest pain
- If your wheezing does not get better after trying some of the tips listed here



For more information and support, visit the American Cancer Society website at cancer.org/sideeffects or call us at **1-800-227-2345**. We're here when you need us.