



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

Tîm Anadlu Cymunedol Powys
Powys Community Respiratory Team
Bwrdd Iechyd Addysgu Powys
Powys Teaching Health Board

<Title> <FirstName> <Surname>

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Annwyl / Dear <Title> <Surname> ,

Cyngor a gwybodaeth ar sut i gefnogi eich asthma

Rydym yn ysgrifennu at bobl Powys gyda diagnosis asthma i sicrhau eich bod yn ymwybodol o'r cyngor a'r gwybodaeth sydd ar gael i helpu rheoli eich cyflwr. Efallai y wyddoch yn barod am y wybodaeth ond rydym yn argymhell eich bod yn treulio ychydig o amser i weld a yw'r wybodaeth o fudd i chi.

Asthmahub GIG Cymru

Mae ap am ddim ar gael i unigolion ledled Cymru wedi cael ei chreu gan arbenigwr clinigol yn y maes asthma, gyda chymorth gan gleifion, i'ch helpu cadw'n iach. Mae ap Asthmahub GIG Cymru yn helpu chi i:

- gadw trefn ar eich symptomau a chanlyniadau profion
- gwyllo fideos gan arbenigwr yng Nghymru
- cael gafael ar gyngor defnyddiol os yw eich symptomau yn newid neu'n gwaethgu

Efallai bod rhai ohonoch yn poeni nad ydych wedi cael eich gwiriad asthma blynyddol yn eich practis meddyg teulu. Mae'r gwiriad bellach ar ap Asthmahub GIG Cymru, felly gallwch chi ei gwblhau yn eich amser chi. Bydd yr ap hefyd yn rhoi cyngor os oes angen i chi wneud rhywbeth ychwanegol.

Advice and information on how to support your asthma

We are writing to all Powys individuals with a diagnosis of asthma, to ensure that you are aware of advice and information available to help you manage your condition. You may already know about some of this and we would recommend that you take some time to see if this information can help you.

NHS Wales Asthmahub

A free app is available for individuals across Wales and has been developed by clinical experts in asthma, with the help of patients, to enable you to stay well. The NHS Wales Asthmahub app supports you to:

- keep track of your symptoms and test results
- watch videos delivered by experts in Wales
- get helpful advice if your symptoms change or get worse

Some of you may be concerned that you have not had your annual asthma check at your GP practice. This check is built into the NHS Wales Asthmahub app, so that you can complete this in your own time and the app will give you advice if there is anything that you need to do.

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Rydym yn croesawu gohebiaeth Gymraeg

Bwrdd Iechyd Addysgu Powys yw enw gweithred Bwrdd Iechyd
Lleol Addysgu Powys



We welcome correspondence in Welsh
Powys Teaching Health Board is the operational name of Powys
Teaching Local Health Board

I lawrlwytho'r ap, sganiwch y cod isod.

Ar gyfer iPhone / iPad / iOS



To download the app, scan one of the QR codes below.

For iPhones / iPads / iOS



Ar gyfer dyfeisiau Android



For Android devices



neu chwiliwch am 'NHS Wales Asthmahub' ar yr App Store neu Google Play.

or search in the App Store or Google Play for 'NHS Wales Asthmahub'.

Mae sawl peth arall gallwch wneud y gaeaf hwn i gadw'n ddiogel. Cofiwch gael eich brechlyn atgyfnerthu COVID-19 a'r brechlyn ffliw. Cofiwch hefyd bod cadw pellter cymdeithasol a pharhau i wisgo gorchudd wyneb yn helpu diogelu chi, nid yn unig o COVID-19, ond o firysau anadlol eraill a'r ffliw.

There are several other things you can do this winter to keep yourself safe. Don't forget the importance of getting your COVID-19 vaccine booster and your flu jab. Please also remember that social distancing and continuing to wear a face mask will help to protect you, from not only COVID-19, but also other respiratory viruses and flu.

Yr eiddoch yn gywir,

Yours sincerely,

Tîm Anadlu Cymunedol Bwrdd Iechyd Addysgu Powys

The Powys Teaching Health Board Community Respiratory Team