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Lmsg guidelines asthma

What is asthma? There is no cure for asthma, however, asthma symptoms can be controlled by lifestyle changes and treatment. Asthma is a chronic inflammatory disease of the airways (bronchi). Bronchi usually allow air to pass in and out of the lungs. In asthma, these airways develop hypersensitivity, inflammation and narrowing. This causes difficulty in breathing. In the United States, approximately 26 million adults and 7 million children are affected by asthma. Asthma can be classified into four types based on the severity of the disease, which includes: Mild intermittent asthma Typical features of this type are: Symptoms are mild that occur less than twice a week Nightly symptoms occur less than twice a month Some asthma attacks occur Persistent wheezing is typical characteristic of this type are: Symptoms occur three to six times a week Nightly symptoms occur three to four times a month Asthma attacks can affect the typical activities of this type of asthma are similar to those of mild persistent asthma. Severe persistent asthma In this type of asthma, symptoms worsen continuously, resulting in activity limitation. What is the main cause of asthma? Several factors can cause asthma. Based on the triggers that cause an asthma episode, asthma can be classified as: Exercise-induced asthma: Exercise can worsen asthma symptoms. Simple exercises can exacerbate symptoms in people with highly inflamed airways. Nocturnal asthma: Worsening asthma at night is common in people with nocturnal asthma. Occupational asthma: Exposure to dirt, chemicals and irritants in the workplace can induce asthma. Steroid-resistant asthma: Some severe cases of asthma may not respond to steroid therapy (steroid resistance). Allergic asthma: Allergens such as pollen, mite, dust, latex and pets can trigger asthma in some people. Non-allergic asthma: Extreme weather, stress and infections such as sinusitis, colds and flu can be some of the trigger factors that induce non-allergic asthma. Aspirin-induced asthma: Aspirin may induce asthma symptoms in some people. Eosinophilic asthma: High levels of white blood cells called eosinophils can cause this type of asthma. Asthma can also be triggered by air pollution Tobacco smokes gastroesophageal disease (such as GERD) Intense emotions such as anxiety, laughter, sadness or stress Sulfites, which are used as a food preservative in shrimp, pickles, beer, wine, dried fruits and lemon and lemon juices bottled What is Asthma? Asthma Myths Debunked View Slideshow When Consulting a Doctor for Asthma? If any of the asthma below severe, seek emergency medical treatment immediately: Severe cough, wheezing, shortness of breath or chest pain Fast or slow breathing Cyanosis (face of blue or pale color, lips or nails) Difficulty walking Shoulders hunched over Speak or concentrate Retraction (ribs or stomach that move inward while while movement of the nares) How does asthma treated? There is no cure for asthma, however, asthma symptoms can be controlled by lifestyle changes and treatment. Asthma treatment includes: These are usually in the form of inhaler pumps and nebulizers. Asthma symptoms can be controlled by bringing some lifestyle modifications: Exercise regularly Liver asthma triggers Fit and healthy Practical Yoga can help control symptoms With timely treatment and management, asthma symptoms can be controlled and complications can be avoided. Medical review on 26/6/2020 References Asthma is a generalized condition that affects the lung, making breathing difficult. People of all ages have asthma, and usually begins in early childhood. It may, under some circumstances, appear later in life. There is no cure for asthma, but there are many ways to be treated. Through the use of inhalers, patients can keep their asthma under control. Some children also grow out of their asthma, but for many people it remains a lifelong affliction. Those who have asthma usually experience shortness of breath, tight chest, cough, plus wheezing. Severe asthma can even cause a whistling sound while breathing. The severity of symptoms varies from each person, and when it becomes difficult to breathe, this is known as an asthma attack. Some known triggers for asthma attacks include exercise, infections, strong smells and allergens. The scientific community still does not fully understand why some people develop this condition. After your doctor determines that you have asthma, your asthma will be classified based on the severity and frequency of your asthma symptoms. This classification will help you and your doctor work together to monitor and treat your asthma. You and your doctor will create a personal asthma action plan based on how your asthma is classified. This is your life plan to control asthma. The Four Asthma Classifications 4 Your asthma classification may change over time, depending on how well asthma symptoms are controlled. Your doctor will prescribe medications and develop your Asthma Action Plan based on your asthma rating. These are some of the common symptoms and how they fit with different asthma classifications. Symptoms of asthma advertising two or less times a week nightly symptoms that wake up two or less times a month use of short-action beta-agonists two or less times a week Christmas symptoms do not interfere with normal activity FEV1 greater than 80% predicted asthma symptoms advertisement more than twice a week, but not all daytime symptoms 3 to 4 times a month, the use of short-action beta agonists more than 2 days a week, but not all day-to-day symptoms cause a small limitation of normal FEV1/ activity 1 greater than 80% of asthma symptoms advertisement daily; use of beta-agonist symptoms of short daily at night more than once a week, but not every night symptoms of asthma cause some limitation of normal activity FEV1 or peak flow more than 60% and less than 80% predicted symptoms of advertising asthma throughout the night, often occurring every night of short-action beta-agonists several times a day symptoms cause extreme limitation of normal activity FEV1 or peak flow equal to or less than 60% predicted 4 Expert Panel Report of the National Asthma Education and Prevention Program 3: Guidelines for the Diagnosis and Management of Asthma-Summary Report 2007. National Heart, Lung & Blood Institute. Available in: Written by Karen Serrano, resident in Emergency Medicine at the University of Wisconsin-Madison. Reviewed by Lisa V. Suffian, Instructor of Clinical Pediatrics in the Division of Allergy and Pulmonary Medicine at Saint Louis Children's Hospital, Assistant Clinical Professor at the University of Washington School of Medicine in the Department of Pediatrics at Cardinal Glennon Children's Hospital, Saint Louis University Board certified in Allergy and Immunology Last June 2008 Update Asthma can be a debilitating condition, and a number of factors can trigger an attack. Fortunately, there are treatments available to help those with asthma lead relatively normal lives. Difficulty breathing and dry cough are signs of asthma. Learn ways to prevent asthma and get treatment for it. Asthma is a lung condition that causes someone to have difficulty breathing. During an asthma attack, the airways of the lung, called bronchial tubes, narrow because the smooth muscle cells around the airways contract. The lining of the airways becomes inflamed and swollen, and extra mucus is made. This combination of mucus production, inflammation and tightening of the surrounding muscles causes the airways to narrow. This makes it difficult to move air into and out of the lungs. Asthma may be mild with occasional symptoms, or may be severe with constant symptoms. Many things can trigger an asthma attack, including the common cold and allergens, and substances that cause the immune system to overdo it. Allergens cause allergies, and some children with allergies will develop asthma. Common allergens that trigger asthma attacks include mites, pollen, and domestic animals (dogs, cats, rabbits, and guinea pigs). Physical exertion can trigger an asthma attack, as well as exposure to cold air, cigarette smoke, air pollution, poor ventilation and high humidity. Asthma is the most common form of lung disease in children, affecting between 5% and 15% of all children. Asthma can begin at any time during childhood, but about half of all children have their first asthma attack before the age of 3. Some children seem to grow out of their symptoms as they age; others will have symptoms throughout their adult lives. Children whose parents or siblings have asthma are more likely to develop it. Typical symptoms of asthma are coughing and breathing difficulties. The child can faster than normal and use more effort, such as engaging extra muscles, to get air in and out of the lungs. This is noticeable in the arch of the neck and below or between the ribs. Exhalation is particularly difficult with asthma and will take longer; a child with asthma has to force air through narrow respiratory passages, making a whistling noise or wheezing. The child may have difficulty completing sentences, or produce a dry cough and hacking. For some children, a lasting nocturnal cough may be the first sign of asthma. Signs of a severe asthma attack include bluish skin color, grunts, burning of nostrils, and pulling muscles into the neck or between the ribs It is important that you understand your child's Asthma Action Plan, which will explain exactly what medication (how much and when) your child should regularly take over and what you should do if the condition worsens. It will often be necessary to increase or decrease the dose of certain medications, depending on the severity of your child's asthma symptoms. During the most severe phases, it will be necessary to use higher doses or stronger medications. If your child suffers from allergies, it is important that he or she is kept away from anything that causes them. There should be no smoke in houses or cars, and rooms should be vacuumed and cleaned regularly. Avoid wall-to-wall rugs, curtains, stuffed animals, and pets. Children with asthma are encouraged to be physically active, but if exercise causes your child to have asthma, use medication about 30 minutes before strenuous activity to prevent an attack. When properly controlled, asthma should not interrupt the day-to-day. Poorly treated asthma can result in late growth and increased risk of lung infections. If left untreated, it can also cause the heart muscles to work harder, eventually leading to heart problems. Contact your doctor for an evaluation and an X-ray of the lungs. If allergies are causing asthma, your doctor will recommend an allergy test. For older children, a lung function test can also be given. A peak flow meter can be used (even at home) to test lung function by measuring airflow out of the lungs; a spirometer will measure the amount of airflow in and out of the lungs. Your doctor will decide what type of medication is best for your child and work with you to prepare an Asthma Action Plan, which will be part of your child's medical records over the years. copy should be sent to your child's school. Most children with asthma need two types of medication: rescue remedies to stop asthma asthma immediately and remedy to prevent an asthma attack from happening. Rescue medications should be taken at the first sign of an asthma attack; medicines should be taken regularly, every day. There are several ways to take asthma medications, depending on the medication and age of the child. Some are inhaled; Nebulization machines are often used to administer inhaled medicines to younger children. A small mask is held over the nose and mouth while the child breathes in the fine mist containing the medication. For children older than 5 or 6 years, the medication can be given in the form of dose inlets measured with spacers, dry powder inhalers or tablets. If your child has difficulty breathing as a result of an asthma attack, it is very important that you act calmly. Loosen tight clothes and open the window to allow fresh air to enter the room. Speak softly and comfort your child by letting him sit upright on his lap, with good support, or gently stroking his back. Encourage your child to drink lots of fluids. An increase in fluid intake will prevent mucus in the respiratory passages from getting sticky and difficult to cough. If the usual asthma medications do not seem to be helping, please contact your doctor. All content on this site, including medical opinion and any other health-related information, is for informational purposes only and should not be considered as a specific diagnosis or treatment plan for any individual situation. The use of this website and the information contained herein do not create a doctor-patient relationship. Always seek the direct advice of your own doctor regarding any questions or problems you may have about your own health or the health of others