



What is Asthma?

Asthma is a disease characterized by recurrent attacks of difficulty of breathing and wheezing.

Asthma makes breathing difficult because the airways become swollen, produce too much mucus and the muscles around the airways tighten.

What body parts are affected?

Bronchial tubes



Bronchial tubes are strained during asthma attacks.

Inflamed bronchial tubes prevents air from moving in and out of their lungs.

Muscles

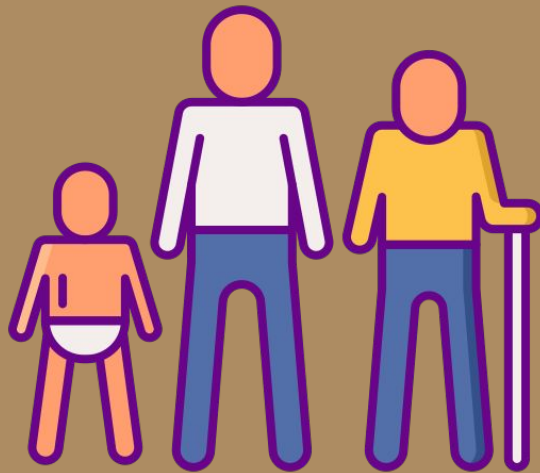


During an asthma attack extra pressure is needed to push air through the bronchioles.

Now the muscles attached to the ribs, shoulders, and neck are used more which results in sweating, fatigue, and airway irritation.

How is asthma obtained?

Asthma is present in all ages.
Asthma is not contagious
and it is either inherited or
not inherited.



What is an asthma trigger?

Asthma triggers are what causes asthma symptoms or asthma attacks. There are many types of asthma triggers

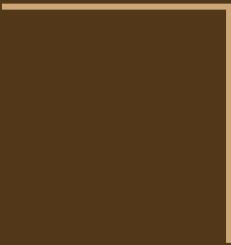
Common Allergens

- Dust mites
- Animal dander
- Cockroaches
- Pollen grass
- Mold alternaria.

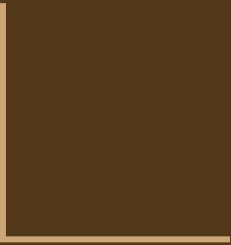
Common Irritants

- cleaning products
- upper respiratory tract infections
- Emotions
- Medications
- weather
- physical activity

- Vapors
- Fumes
- cigarette smoke
- air pollution
- Perfumes



How can asthma be detected?



To diagnose asthma, your doctor will discuss your medical history with you and perform a physical exam.



There are four levels of asthma – based on how severe it is.

1

**Intermittent
Asthma**

You have symptoms less than twice a week and wake up less than two nights a month.

2

**Mild Persistent
Asthma**

You have symptoms two or more days a week and wake up three to four nights a month.

3

**Moderate Persistent
Asthma**

You have symptoms at least every day and wake up one or more nights a week.

4

**Severe Persistent
Asthma**

You have symptoms during the day and wake up every night due to asthma.

- Identify Asthma Triggers.
- Stay Away From Allergens.
- Avoid Smoke of Any Type.
- Prevent Colds.
- Allergy-Proof Your Home.
- Get Your Vaccinations.
- Monitor your breathing.
- Identify and treat attacks early.



Different types of treatment

Inhalers

Reliever inhalers

Preventer Inhalers

Combination Inhalers

Tablets

Leukotriene receptor antagonists (LTRAs)

Theophylline

Steroid tablets

Other treatments

Injectons

Surgery

Complementary therapies

Below are the links where I found my information about
Asthma

Sources:

