



Asthma

“asthma and what you need to know about it”



Introduction

Hi! I am Jodielyn Siason from 9 Psalms and I will be sharing some facts about asthma, how it affects you, how to know if you have it, and a lot more. Share this to your family and friends so that they could also know more about asthma.

Asthma is a disease that affects your lungs and it is a **chronic (long term) condition** that can affect your way of living.

What we will be talking about

- Definition of asthma
- What organs or parts of the human body are affected
- How it affects the organs or parts of the human body
- How can a person obtain it?
- How can it be detected?
- How can it be prevented?
- How can it be treated?
- More facts about asthma
- How asthma can affect your daily living



Main questions we need to remember

01

What is asthma?

03

How can it be prevented?

02

How can it be detected?

04

How can it be treated?

Study Objectives



To learn about the topic

To know the basic definition of asthma.



To understand

Reading is nothing if you don't understand the topic or at least try to understand it and apply it.



Try to share with others

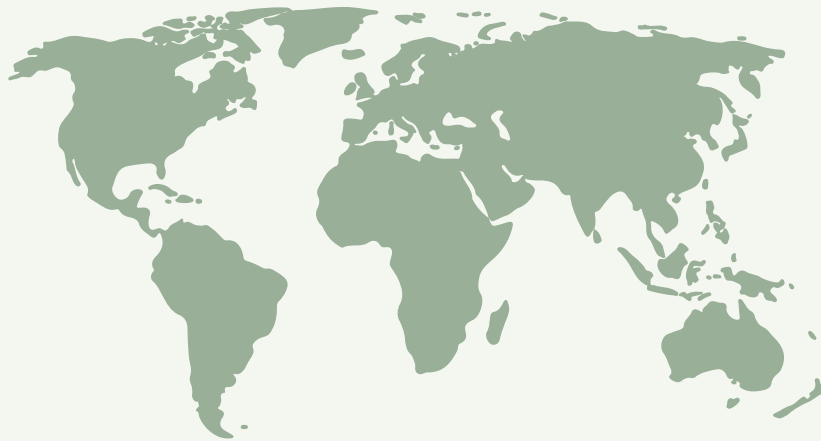
To share what you've learned to others so that they could also share it.



asthma

LET'S START!

Read everything carefully, study each slide, and familiarize yourself with the terms so that you can apply what you've learned in real life.



339, 000, 000

Estimated number of people who suffer from asthma

<https://www.who.int/news-room/fact-sheets/detail/asthma>



ASTHMA

- Asthma is a condition in which your airways narrow and swell and may produce extra mucus. This can make breathing difficult and trigger coughing, a whistling sound (wheezing) when you breathe out and shortness of breath.
- Asthma can't be cured, but its symptoms can be controlled. Because asthma often changes over time, it's important that you work with your doctor to track your signs and symptoms and adjust your treatment as needed.



Info from: <https://www.mayoclinic.org/diseases-conditions/asthma/symptoms-causes/syc-20369653>

ASTHMA

For some people, asthma is a minor nuisance. For others, it can be a major problem that interferes with daily activities and may lead to a life-threatening asthma attack.

Info from:

<https://www.mayoclinic.org/diseases-conditions/asthma/symptoms-causes/syc-20369653>

How can it be detected?

Common signs of asthma

- Shortness of breath
- Chest tightness or pain
- Wheezing when exhaling, which is a common sign of asthma in children
- Trouble sleeping caused by shortness of breath, coughing or wheezing
- Coughing or wheezing attacks that are worsened by a respiratory virus, such as a cold or the flu

Info from: <https://www.mayoclinic.org/diseases-conditions/asthma/symptoms-causes/syc-20369653>

Meme break

nobody:

kids with asthma



Ok so one time, I watched a movie with my friends in English class and there was this one character who had an asthma attack so they instantly looked at me LIKE WHAT, IT'S NOT LIKE I'M THE ONLY ONE WHO HAS ASTHMA IN THE WORLD



How do people get asthma?

➤ It isn't clear why some people get asthma and others don't, but it's probably due to a combination of environmental and inherited (genetic) factors.

Info from:

<https://www.mayoclinic.org/diseases-conditions/asthma/symptoms-causes/syc-20369653>

At what age can you get asthma?

➤ Most children have their first symptoms by age 5. But asthma can begin at any age.

Info from:

<https://www.webmd.com/asthma/children-asthma>

➤ Asthma symptoms can appear at any time in life. People can develop asthma at age 50, 60, or even later. Adults who develop asthma are said to have adult onset asthma.

Info from:

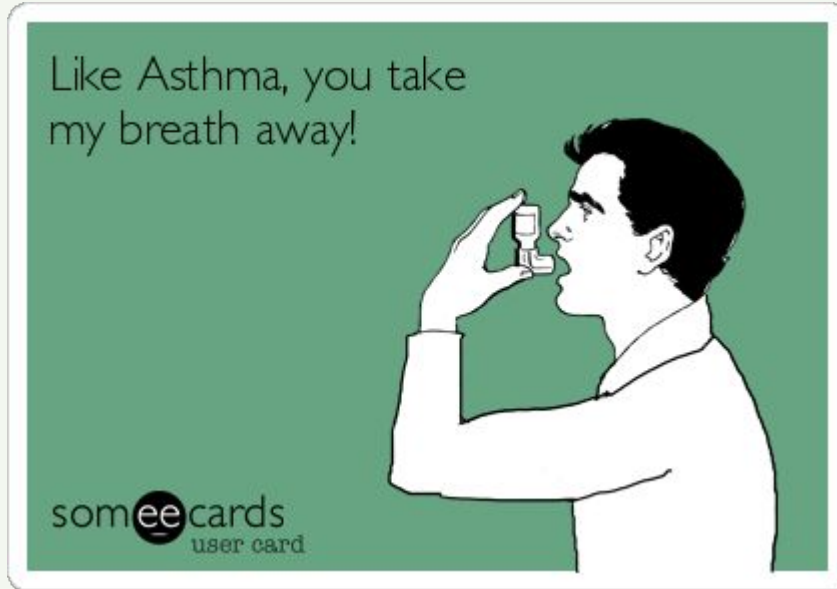
<https://asthmaandallergies.org/asthma-allergies/adult-onset-asthma/#:~:text=Asthma%20symptoms%20can%20appear%20at,to%20have%20adult%20onset%20asthma.>

Things that are thought to increase your chances of developing asthma

- Having a blood relative with asthma, such as a parent or sibling
- Having another allergic condition, such as atopic dermatitis — which causes red, itchy skin — or hay fever — which causes a runny nose, congestion and itchy eyes
- Being overweight
- Being a smoker
- Exposure to secondhand smoke
- Exposure to exhaust fumes or other types of pollution
- Exposure to occupational triggers, such as chemicals used in farming, hairdressing and manufacturing

Info from: <https://www.mayoclinic.org/diseases-conditions/asthma/symptoms-causes/syc-20369653>

Meme break...these aren't even funny I-



Hehe not me sending this to
my crush... 🤔

What is an asthma attack?

- An asthma attack is when your symptoms suddenly get worse. Your airways tighten, swell, or fill with mucus.
- Not every person with asthma has the same symptoms with an asthma attack. You may have different ones at different times. They may be less obvious, like having less energy. They may also range from mild to severe between one attack and the next.

Info from: <https://www.webmd.com/asthma/what-is-asthma>

Symptoms of an asthma attack

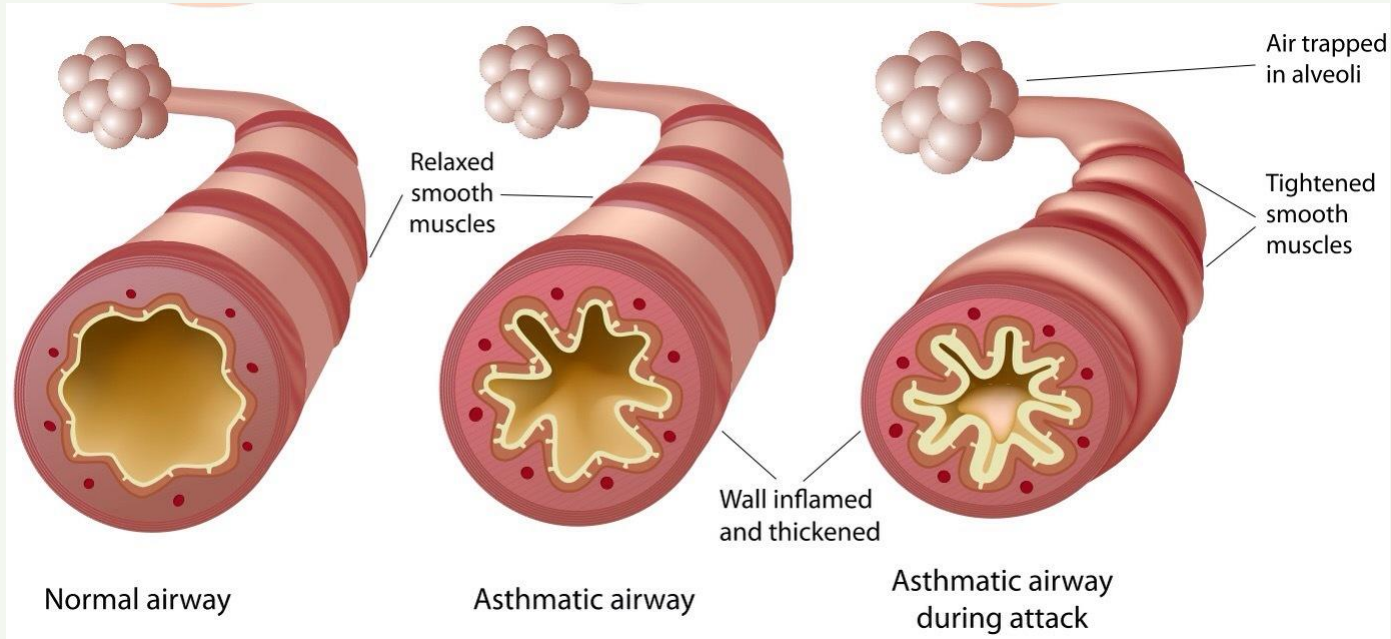
- your symptoms are getting worse (cough, breathlessness, wheezing or tight chest)
- your reliever inhaler (usually blue) is not helping
- you're too breathless to speak, eat or sleep
- your breathing is getting faster and it feels like you cannot catch your breath
- your peak flow score is lower than normal
- children may also complain of a tummy or chest ache

Info from: <https://www.nhs.uk/conditions/asthma/asthma-attack/>

Note: not everyone has the same symptoms of an asthma attack so it's better to do your research so that you know when someone has it or not. Growing up, people told me that I was overreacting when in reality, I was having an asthma attack. I would usually cough so that's why they thought that it wasn't associated with my asthma because they only knew that you'd have a hard time breathing when you have it. This is a reminder that we should always do our research first :)

-Jodie🌸

Photo of an asthmatic airway



Ik it looks
weird ok

● Photo from: <https://canadiem.org/approach-asthma-ed/>

How to deal with an asthma attack

1. Sit upright (do not lie down) and try to take slow, steady breaths. Try to remain calm, as panicking will make things worse.
2. Take 1 puff of your reliever inhaler (usually blue) every 30 to 60 seconds, up to a maximum of 10 puffs.
3. Call 999 for an ambulance if you do not have your inhaler with you, you feel worse despite using your inhaler, you do not feel better after taking 10 puffs or you're worried at any point.
4. If the ambulance has not arrived within 15 minutes, repeat step 2.

Info from: <https://www.nhs.uk/conditions/asthma/asthma-attack/>

What is an inhaler?



➤ An inhaler is a medical device used for delivering medicines into the lungs through the work of a person's breathing.

Info from:

<https://en.wikipedia.org/wiki/Inhaler>

➤ Asthma inhalers are the most common and effective way to deliver asthma medicine to your lungs. They're available in several types that work in different ways.

Info from:

<https://www.webmd.com/asthma/asthma-treatments>

What is a nebulizer?



➤ With the use of a nebulizer, patients can inhale their prescribed medication directly into the lungs, giving them fast relief from inflammation — and allowing them to breathe easier. Nebulizers are excellent options for treating the following respiratory conditions: Asthma. Chronic Obstructive Pulmonary Disease

Info from:

<https://aire.health/blogs/news/the-advantages-of-using-a-nebulizer>

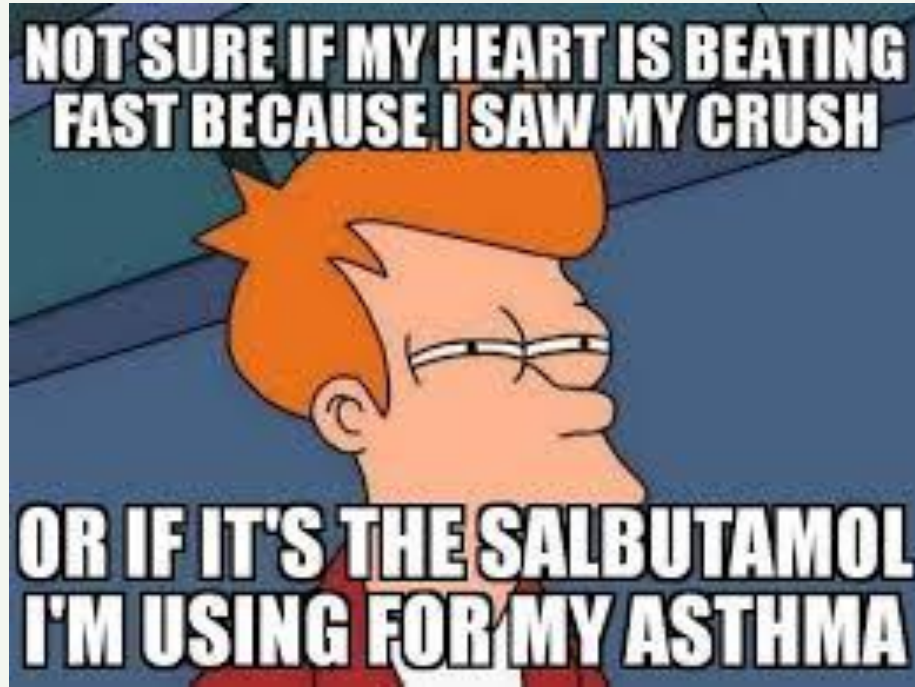
➤ Nebulizers are especially good for infants' or small children's asthma medications. They're are also helpful when you have trouble using an asthma inhaler or need a large dose of an inhaled medication.

Info from:

<https://www.webmd.com/asthma/guide/home-nebulizer-therapy#:~:text=Nebulizers%20are%20especially%20good%20for,often%20called%20a%20breathing%20treatment.>

Meme break haha...?

Yes 🐱👍



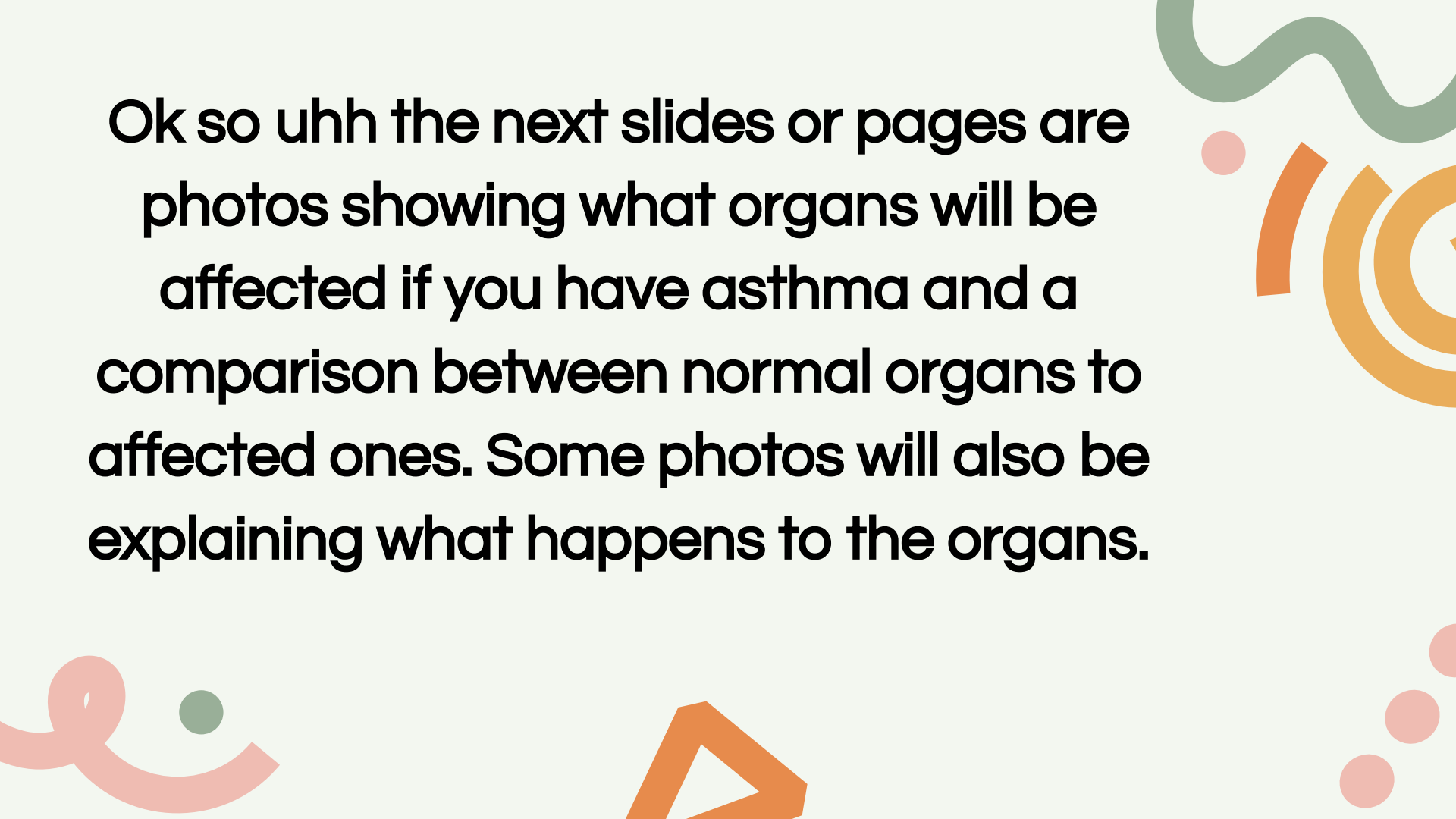
Can asthma be treated?

➤ There's currently no cure for asthma, but treatment can help control the symptoms so you're able to live a normal, active life. Inhalers – devices that let you breathe in medicine – are the main treatment. Tablets and other treatments may also be needed if your asthma is severe.

Info from:

<https://www.nhs.uk/conditions/asthma/treatment/#:~:text=There's%20currently%20no%20cure%20for,if%20your%20asthma%20is%20severe.>

Ok so uhh the next slides or pages are photos showing what organs will be affected if you have asthma and a comparison between normal organs to affected ones. Some photos will also be explaining what happens to the organs.



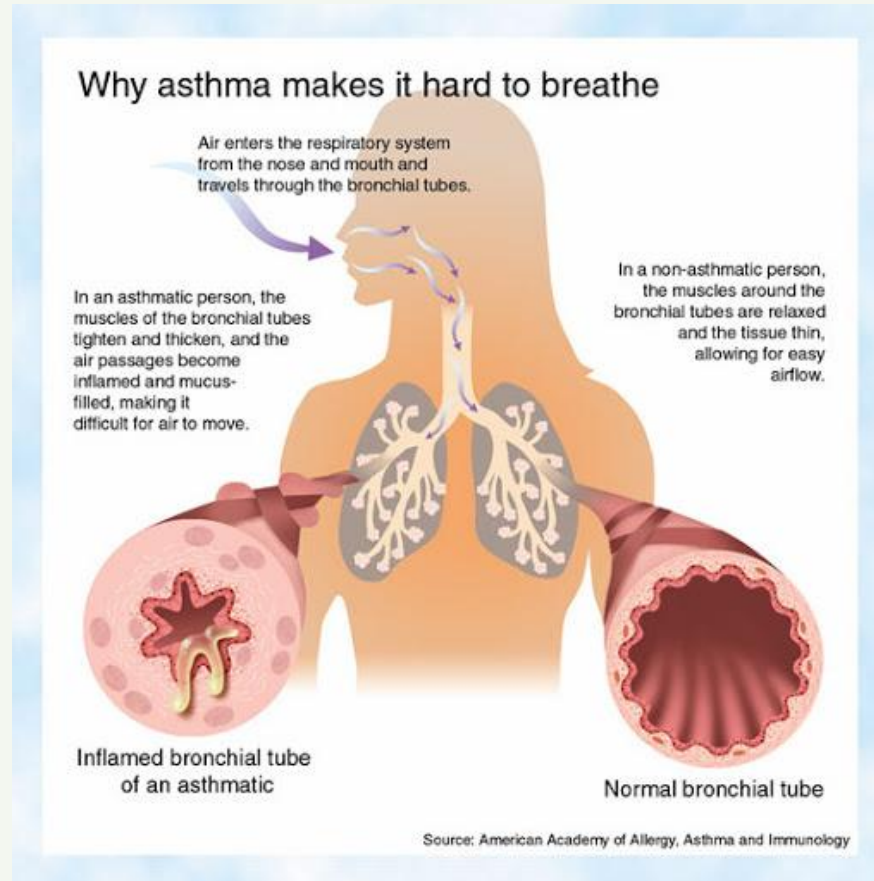


Photo from:

https://www.freepik.com/free-vector/comparison-healthy-lung-asthmatic-lung_10004916.htm

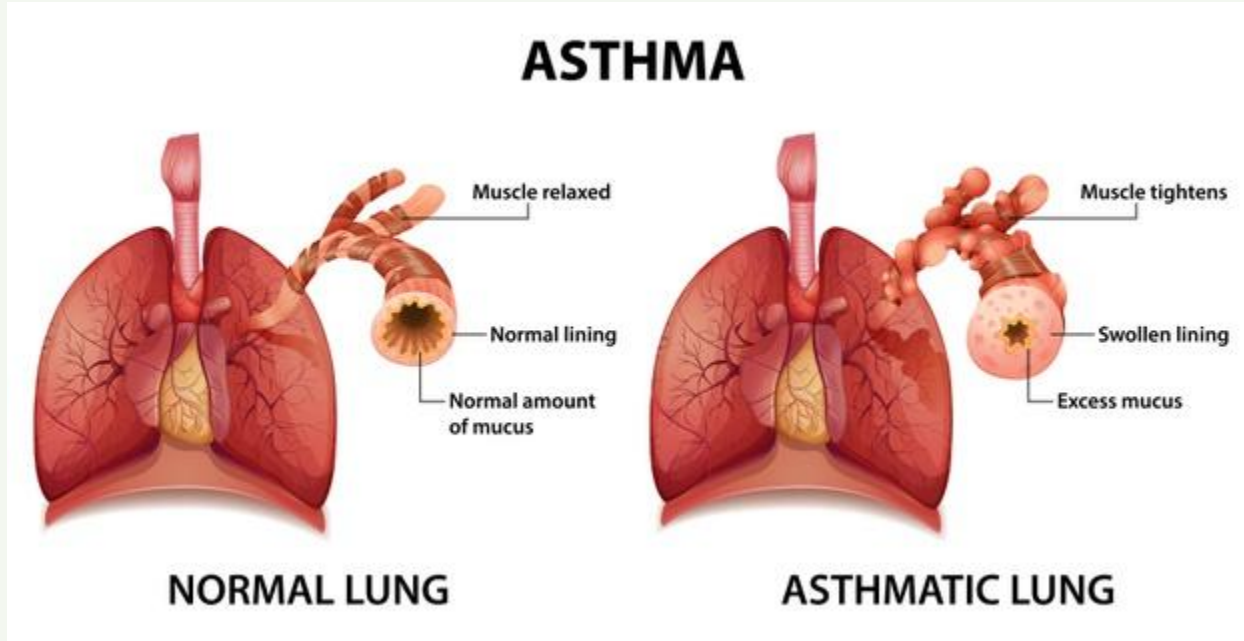
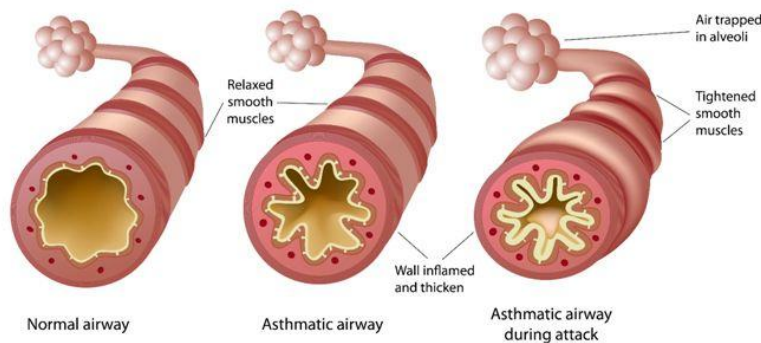


Photo from: <https://slideplayer.com/slide/7227930/>

What is asthma?

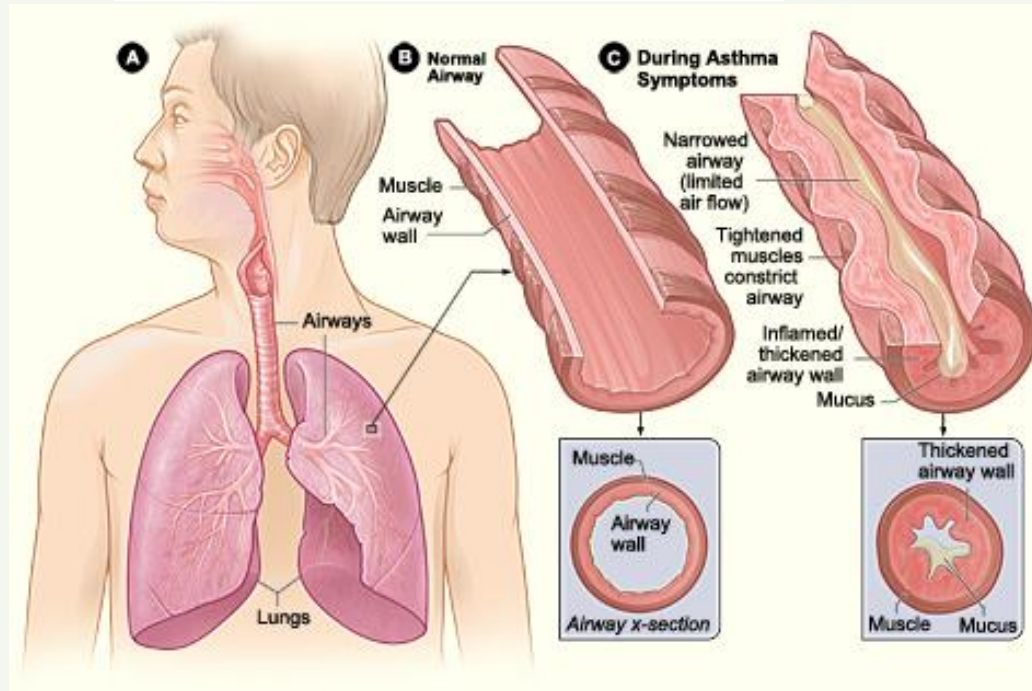
A condition where “Triggers” affect the airways causing them to react.



- Muscles around the walls of the airways contract.
- The lining of the airways become inflamed and start to swell.
- Sticky mucus is produced.

Photo from:

<https://simple.wikipedia.org/wiki/Asthma>



Also do your research



If you see symptoms or signs of asthma, do your **research** and go to the doctor asap to get you checked properly and to get proper medication in case of asthma attacks.

Last meme break uhhh

Asthma joined the call

**Me: I'd sure like to
breathe**

Asthma Attack:



you are doing that too much. try again
in 6 minutes.

YES WE'RE DONE AAAAAAA

Pls be reminded that asthma can kill you and that it is a serious matter, so do your research and go to the doctor immediately if you see some symptoms so that you can get checked.

-Jodie 🌸





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Science class