

ASTHMA

Asthma is a lung condition caused by inflammation of the lining of the airways in your lungs. Asthma is a chronic condition which means you may have it the rest of your life. Asthma is more common in children than adults.

RISK FACTORS

- There is a risk in having one or more close family members who have asthma.
- Exposure to secondhand smoke or a lot of environmental pollutants.
- On the job exposure to chemicals, such as the chemicals used in the manufacturing industry, farming, and beauty salons.

SYMPTOMS:

- Wheezing
- Coughing
- Shortness of breath
- Chest tightness

DIAGNOSIS

Your healthcare provider will ask about your history of breathing and perform breathing tests on your initial exam. A single attack of wheezing does not mean you have asthma. Some infections and chemicals can cause wheezing that last for a short time and does not happen again.

TREATMENTS

Quick relief medicines—

Albuterol is one of the most widely quick relief medicines. This type of medicine is called a bronchodilator.

Bronchodilators relax the muscles in the airways. When the muscles are relaxed, the airways become larger so there is more space for air to move in and out. You use this medicine



when you start to have an Asthma Attack. In some cases your Provider may recommend you use it on a regular schedule.

Steroids are another type of medicine that may be used to control Asthma symptoms.

Long-term control medicines— These medicines are now considered the best and safest way to have long-term control of Asthma.

- Long-acting inhaled bronchodilator called *Serevent* used twice daily.
- *Azmacort* and *Flovent* are used one to four times daily.
- Singular pills taken daily.
- Theophylline, a pill taken at bedtime.

You need to work closely with your healthcare provider to find the treatment right for you. Make sure you understand how to use each of your medicines. Some are quick acting and are meant to be used when you have an Asthma Attack! Other meds are slow acting and help prevent attacks.

IMPORTANT THINGS TO LEARN ABOUT ASTHMA

- Learn to recognize signs and symptoms of an Asthma Attack.
- Learn what can trigger your symptoms and how to stay away from them.

OTHER WAYS TO CARE FOR ASTHMA

- Take medicines as prescribed.
- It may help to stay indoors when the humidity or pollen count is high.
- Avoid cigarette smoke.

"God is our refuge and strength, a very present help in times of trouble" Ps.46:1