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Gina guidelines asthma steps

Asthma can be a debilitating condition, and a number of factors can trigger an attack. Fortunately, there are treatments that help people with asthma lead a relatively normal life. A: Wheezing and coughing can occur more frequently in babies because their lungs and airways are so small that even small congestion can make it harder for them to breathe. Most children stop wheezing at age 2, and research shows that babies who cry and cough before are no more likely to develop asthma than those who don't. Only when the chronic cough and wheezing goes after 2: 2 or if it is prone to coughing, which lingers and swells once a cold has disappeared, doctors begin to suspect asthma. Therefore, it is important to discuss the symptoms of your baby and your family history (since asthma can often be genetic) with your pediatrician. While some children have asthma episodes that are triggered exclusively by colds and other upper respiratory tract infections, the good news is that these children do not tend to need daily inhaled steroid medications to manage their symptoms, as most asthmatic children do. However, you need to use asthma meds (such as albuterol) occasionally to breathe more easily when they get sick. Copyright 2009 Meredith Corporation. Answered by Parents.com team What is asthma? There is no cure for asthma, but asthma symptoms can be overcome through lifestyle changes and treatment. Asthma is a chronic inflammatory disease of the respiratory tract (bronchia). Bronchi usually allow the passage of air in and out of the lungs. In asthma, these airways develop hypersensitivity, inflammation and narrowing. This leads to breathing difficulties. In the United States, asthma affects about 26 million adults and 7 million children. Asthma can be classified into four types based on the severity of the disease, which includes: Mild intermittent asthma The typical characteristics of this type are symptoms are mild, which occur less than twice a week Nightly symptoms occur less than twice a month Few asthma attacks occur Mild persistent asthma The typical characteristics of this type are symptoms occur three to six times a week Nocturnal symptoms occur three to four times a month, this type of asthma is similar to that of mild persistent asthma. Severe persistent asthma This type of asthma causes symptoms to worsen continuously, leading to a restriction of activities. 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 the symptoms of asthma. Simple exercise may cause symptoms in people with severely inflamed airways. Aggravate. Night asthma: The worsening of asthma at night is common in people with nocturnal asthma. Occupational asthma: Exposure to dirt, chemicals and irritants in the workplace can be asthma: Some severe cases of asthma may not respond to steroid therapy (steroid resistance). Allergic asthma: Allergens such as pollen, mites, dust, mould, latex and pets can cause asthma in some people. Non-allergic asthma: Extreme weather, stress and infections such as sinusitis, colds and flu could be some of the triggers that trigger non-allergic asthma. Aspirin-induced asthma: Aspirin can cause asthma symptoms in some people. Eosinophilic asthma: High concentrations of white blood cells called eosinophils can cause this type of asthma. Asthma can also be triggered by air pollution Tobacco smoke Gastroesophageal disease (such as GERD) Intense emotions such as anxiety, laughter, sadness or stress Sulphites used as food preservatives in shrimp, cucumbers, beer, wine, dried fruits and bottled lemon and lime juices What is asthma? Asthma Myths Debunked See Slideshow When to Consult a Doctor For Asthma? If any of the following severe asthma symptoms occur, seek emergency medical treatment immediately: severe coughing, wheezing, shortness of breath or tightness of the chest Fast or slow breathing Cyanosis (blue colored or pale face, lips or fingernails) Difficulty walking Hunched shoulder Stalk or concentrate Retraction (ribs or stomach that move inward when breathing) There is no cure for asthma, but asthma symptoms can be overcome through lifestyle changes and treatment. Asthma treatment includes: These are usually in the form of inhaler pumps and nebulizers. Asthma symptoms can be overcome by some lifestyle changes: Exercise regularly Avoid asthma triggers Stay fit and healthy Praxis yoga can help control symptoms with timely treatment and management. Asthma symptoms can be controlled and complications can be prevented. Medically rated on 26.06.2020 References Your profile asthma is a widespread condition that affects the lungs, making it difficult to breathe. People of all ages have asthma, and it usually begins in early childhood. It may appear later in life under certain circumstances. There is no cure for asthma, but there are many ways to treat it. By using inhalers, sufferers can control their asthma. Some children also grow out of their asthma, but for many people it remains a lifelong suffering. Those who have asthma usually experience breathlessness, a tight chest, coughing, as well as wheezing. Severe asthma can lead to a whistling even when breathing. The severity of symptoms varies from each person, and when it becomes difficult to breathe, this is called an asthma attack. Known triggers for asthma attacks include movement, infections, strong odors and allergens. The scientific community does not yet fully understand why some people are developing this condition. Asthma is a common lung problem that causes breathing difficulties for people of all ages, although most people develop the condition in childhood. The severity of the Asthma attack varies from person to person and even event to event. Fortunately, less than one in 20 patients with asthma is expert care. Most control the condition and its symptoms with inhalers and medications. Shortness of breath is one of the most common symptoms of asthma. The muscles around the airways become interlocking, causing the airways to narrow, which can lead to bronchospasms and respiratory inflammation. The body produces mucus to address this reaction, and the lungs become less efficient at transferring oxygen to the small blood vessels on the surface of the lungs. Asthma-induced cough is often most common at night, usually manifesting as a dry cough that does not dispel mucus. This symptom can disrupt sleep, leaving affected individuals tired the next day. Experts do not yet have a consensus on what exactly makes the cough worse at night. Some theorize, it may be a result of increased exposure to allergens, the sleeping position, or hormones secreted at night. Sleeping with the head of the bed raised helps to prevent coughing through asthma. Wheezing often develops in combination with shortness of breath, cough and tightness in the chest. People with asthma can develop an audible whistling noise during inhalation and exhalation. This symptom is not exclusively due to asthma; many respiratory diseases can lead to wheezing. While many people find cigarette smoke unbearable, used smoke can hit people with asthma hard. The chemicals in cigarette smoke irritate the lungs and narrow the airways. Medical evidence suggests that these chemicals can cause more permanent damage. Car exhausts and pollutants in the air can cause similar irritation. Some people develop pollen-induced asthma during seasonal changes when hay fever is common. The trigger, pollen from plants, can be difficult to avoid, making these types of attacks more frequent and difficult to prevent. If hay fever has already irritated the lungs, this further aggravates the symptoms. Tightness in the chest, the feeling that a belt stretches around the ribs, is a common symptom of asthma. The pressure can be continuous or come and go and can be quite strong. This symptom can also affect the neck. The tightness of the chest can make it difficult to breathe deeply. Doctors can prescribe asthma medications for people with symptoms, even if they do not have a definitive asthma diagnosis. This preventive prescription is generally considered safe for otherwise healthy people. If the treatment relieves the symptoms, the person probably has asthma. The danger of this approach occurs when the drugs obscure the presence of another respiratory disease. Changes in lip and finger color occur, oxygen is withdrawn from the body. This symptom is easiest to identify in individuals with light skin. Although asthma can explain this sign, many other problems can also lead to bluish lips and fingers, including high-altitude, chronic lung disease, lung disease, blockage of arteries and heart disease. Even if asthma is the cause, the symptom indicates a serious attack, and immediate medical care is essential. A severe asthma attack can lead to unconsciousness when the flow of oxygen to the brain is interrupted. Excessive coughing can also put the nervous system under sudden strain, leading to a rapid drop in blood pressure. People who feel weak for some reason should sit down or lie down immediately to avoid injury if they lose consciousness. Asthma symptoms associated with fainting, near-impotence and dizziness require immediate medical evaluation. A severe asthma attack, accompanied by these symptoms, can potentially lead to brain injury or even death. As asthma reduces the oxygen supply in the blood, people may feel confused and dizzy. Many factors can cause this symptom, including diabetes and prescription medications. Anyone who experiences persistent dizziness needs immediate medical attention. Attention.

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