

ASTHMA MANAGEMENT



WHAT IS ASTHMA?

It is a chronic lung disease which is characterized by obstruction or inflammation of the airways, reducing their size and making more difficult the entry and exiting of the air to the lungs. There is no cure, but it can be controlled.

WHAT ARE THE SYMPTOMS OF AN ASTHMA ATTACK?

- Headaches
- Watery and irritated eyes
- Dark circles under the eyes
- Cough
- Shortness of breath
- Nasal congestion or runny nose
- Tight chest
- Wheezing (whistling)
- Dry throat
- Tiredness

If you have asthma, you can minimize your symptoms by avoiding these triggers.

WHAT CAUSES IT?

Some factors may include:

- Allergens: dust, pollen, humidity, cockroaches.
- Irritants: tobacco smoke, strong-smelling aerosols, perfumes.
- Climate changes.
- Polluted air.
- Viral or bacterial infections (ear, sinusitis, catarrh).

- Gastric reflux disease (acid from the stomach goes up into the esophagus).
- Drug allergies: aspirin, anti-inflammatory drugs.
- Food allergies: eggs, milk, chocolate, nuts, among others.
- Strong emotions and tension.

HOW TO MANAGE ASTHMA?

- Identify and avoid those things in the environment that make your condition worse.
- Keep the environment clean, inside and outside the home.
- Control emotions, practice relaxation exercises.
- Eliminate foods that cause allergies.
- Follow the treatment prescribed by your doctor.
- Drink plenty of water and liquids at room temperature.
- Learn to recognize when asthma symptoms are getting worse.
- Learn what to do when you have an asthma attack.

HOW CAN IT BE CONTROLLED?

1. Stay calm.
2. Stay away from the cause that triggers the onset of your asthma attack.
3. Immediately use an asthma relief medication (bronchodilator: Albuterol, Proventil, among others).
4. Rest for an hour until you are sure that your breathing has improved.
5. See your family doctor as soon as possible after a severe asthma attack.