

ASTHMA

Asthma is a **chronic breathing disorder** characterized by constriction of the airways, causing difficulties to breathe

CAUSES

- Sensibility to pollen, dust, food, drugs, pets, cigarette smoke and air pollution
- Exposure to bacteria may influence the development of allergic sensitization and asthma

SYMPTOMS

- Shortness of breath
- Wheezing or noisy breathing
- Tightness in chest, coughing, blue skin or cyanosis in severe cases



IMMEDIATE TREATMENT

- Quick relief medications such as: Ventolin (by aerosol chamber for children)
- The acute severe cases require hospital admission and sometimes ICU admission

THE LONG-TERM TREATMENT

- Controller medication
- **Avoid** triggers that lead to the exacerbation of asthma
- It is **useful** to give the patient a vaccine against influenza each year
- **Avoid** extreme moisture and cold
- The exercises are **limited** to the ability of the patient
- Avoid smoking
- Exercise can be good with asthma