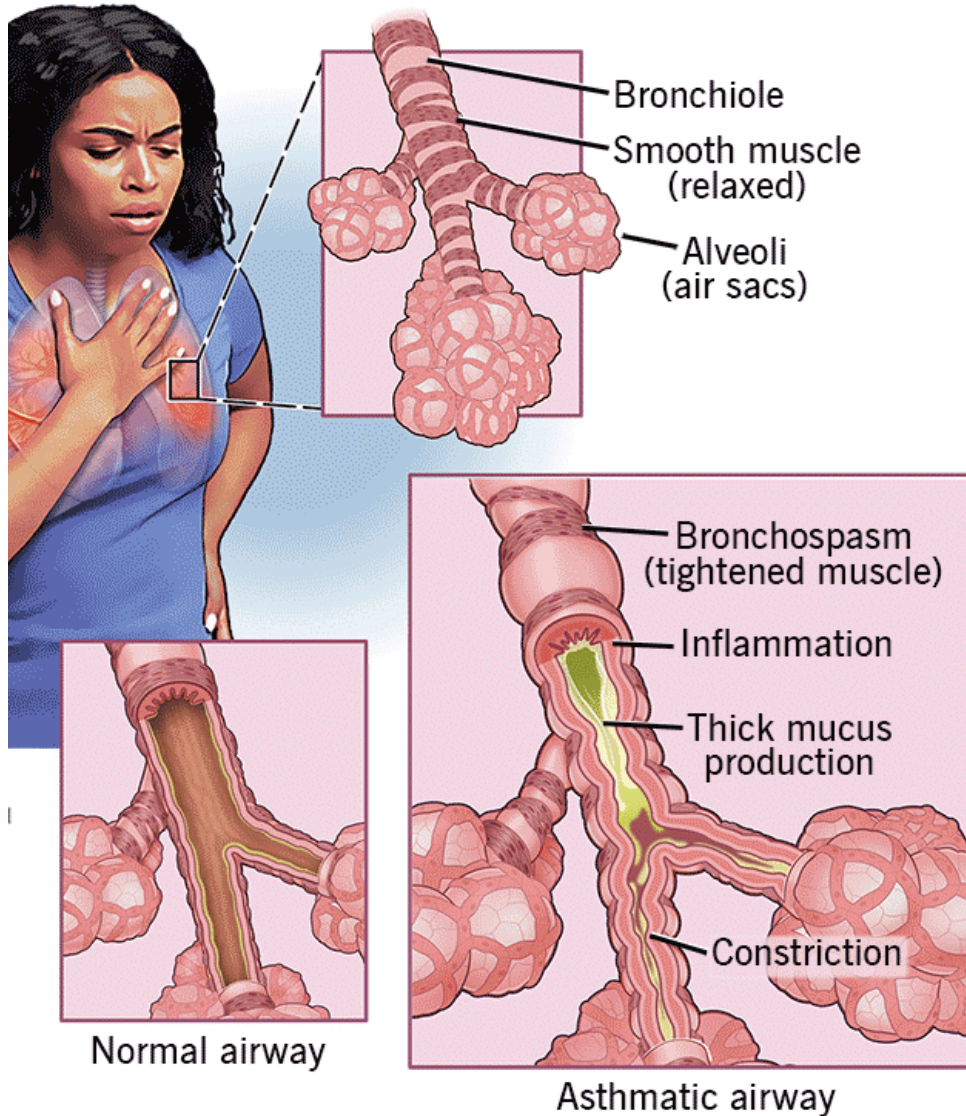


# ASTHMA



## What is an Asthma Attack?



# ASTHMA ATTACK

Asthma is a condition in which airways narrow and swell and may produce extra mucus.

Breathing may become difficult and trigger coughing, wheezing, and shortness of breath.

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.

Asthma can't be cured, but its symptoms can be controlled.

# TYPES OF ASTHMA

Exercise induced asthma, which may be worse when the air is cold and dry.



Occupational asthma, triggered by workplace irritants such as chemical fumes, gases, or dust.



Allergy-induced asthma, triggered by airborne substances, such as pollen, mold spores, cockroach waste, or particles of skin and dried saliva shed by pets (pet dander).



# ASTHMA SYMPTOMS



Symptoms vary and someone may only have symptoms at certain times such as when exercising. Signs and symptoms include:

- Shortness of breath
- Chest tightness
- Wheezing
- Trouble sleeping because of shortness of breath, coughing or wheezing
- Coughing or wheezing attacks that are worsened by a respiratory virus such as a cold or the flu.



# SEVERE ASTHMA SYMPTOMS

Severe asthma attacks can be life-threatening. Signs of an asthma emergency include:

Rapid worsening of shortness of breath or wheezing.

No improvement even after using a quick-relief inhaler.

Shortness of breath when doing minimal physical activity.

- *Seek emergency treatment*



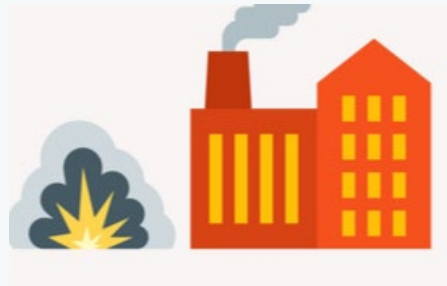


Exposure to various irritants and substances that trigger allergies can trigger asthma. These include:

- Airborne allergens, such as pollen, dust mites, mold spores.
- Sulfites and preservatives added to some foods/beverages.
- Physical activity, cold air
- Respiratory infections, such as the common cold.
- Gastroesophageal reflux disease (GERD)
- Air pollutants and irritants, such as smoke
- Strong emotions and stress
- Certain medications, including beta blockers, aspirin, and nonsteroidal anti-inflammatory drugs

# ASTHMA TRIGGERS

# RISKS FOR DEVELOPING ASTHMA



Several factors are thought to increase the chance that someone will develop asthma. They include:

- Family members with asthma
- Having another allergic conditions such as hay fever.
- Being overweight
- Being a smoker or exposure to secondhand smoke.
- Exposure to exhaust fumes or occupational triggers such as chemicals used in farming, hairdressing, etc.

# COMPLICATIONS

THERE ARE MANY COMPLICATIONS THAT CAN BE SEEN WITH ASTHMA:

- Signs and symptoms that interfere with sleep, work and other activities
- Sick days from work or school during asthma flare-ups
- Emergency room visits and hospitalizations for severe asthma attacks
- A permanent narrowing of the tubes that carry air to and from your lungs (bronchial tubes), which affects how well you can breathe
- Side effects from long-term use of some medications used to stabilize severe asthma





# TIPS TO PREVENT ASTHMA ATTACKS



Identify the asthma triggers and avoid them.



Always plan for emergency cases.



Take proper medication.



Get medical advice from a doctor.



Always have inhalers ready for emergencies.



## PREVENTING ASTHMA ATTACKS

There are steps to be taken to decrease asthma attacks:

- Stay current with vaccinations to help prevent flu and pneumonia from triggering asthma flare-ups.
- Identify and treat attacks early.

# PREVENTION – AVOID TRIGGERS

Use an air conditioner to reduce the amount of airborne pollen from trees, grasses, and weeds. It will also lower indoor humidity which reduces exposure to dust mites.

Minimize dust that may worsen nighttime symptoms by replacing certain items in the bedroom.

- Encase pillows, mattresses and box spring in dustproof covers.
- Avoid using down filled pillows and blankets
- Remove carpeting and install hardwood or linoleum flooring.
- Use washable curtains and blinds.



Clean regularly - especially damp areas in the bathroom and kitchen to keep mold spores from developing.

If your asthma is worsened by cold, cover nose and mouth if it's cold out

# PREVENTION – STAY HEALTHY

Staying healthy and taking care of yourself can keep symptoms under control.

- Get regular exercise to strengthen heart and lungs.
- Maintain a healthy weight as being overweight worsens asthma symptoms.
- Control heartburn (GERD) as acid reflux may damage lung airways and worsen symptoms.

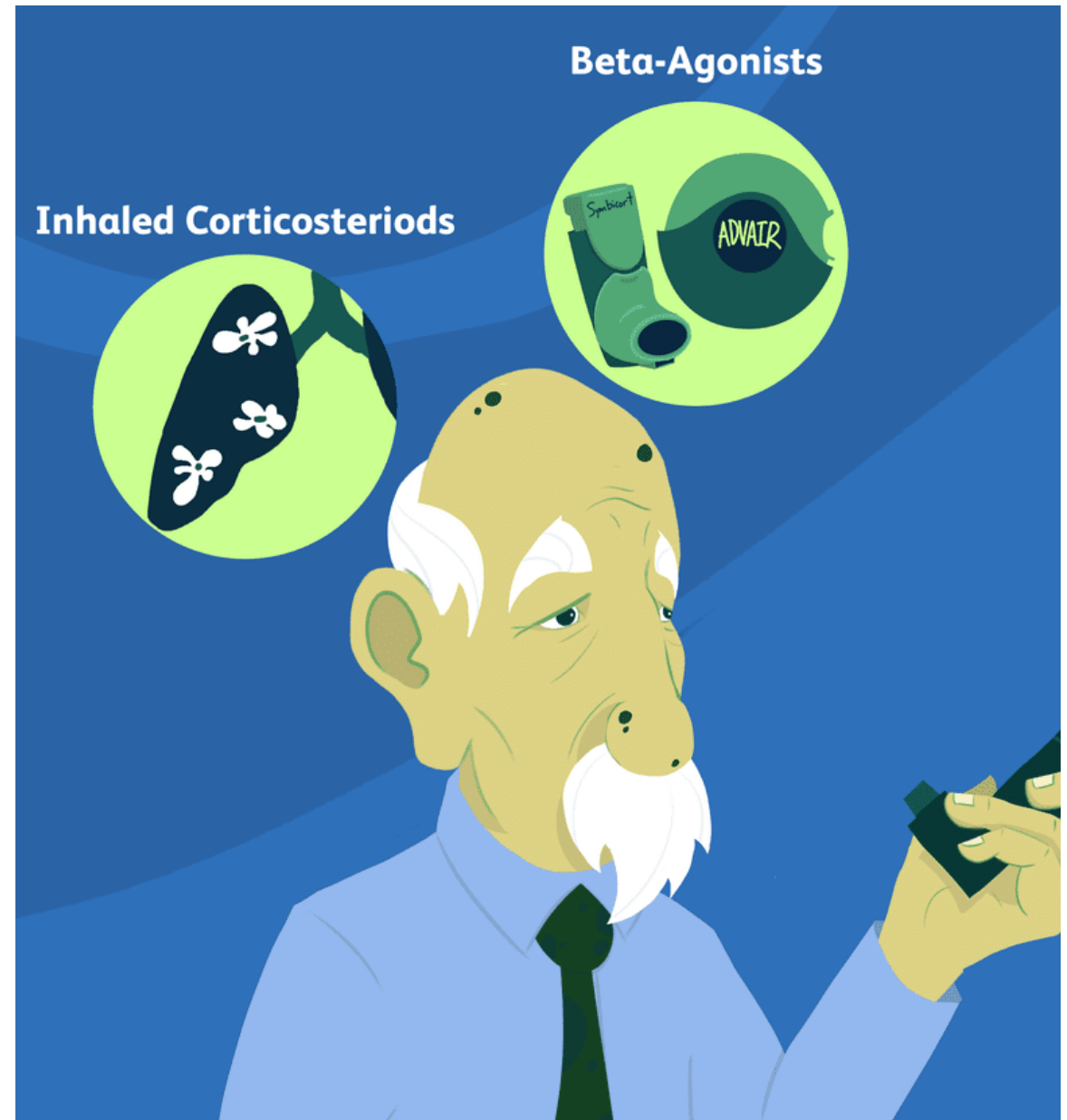


# TREATMENT

The most common asthma treatments are:

- Bronchodilators (beta agonists) which relax the muscles that tighten around airways. By opening the airways, they help remove and reduce mucus.
- Anti-inflammatories that reduce swelling and mucus inside the airways. These are usually inhaled corticosteroids.

Corticosteroids can be taken in pill or liquid form also. Oral corticosteroids have serious long-term side effects compared to inhaled corticosteroids. These can include mood swings, weight gain, high blood pressure, cataracts, osteoporosis, and infections

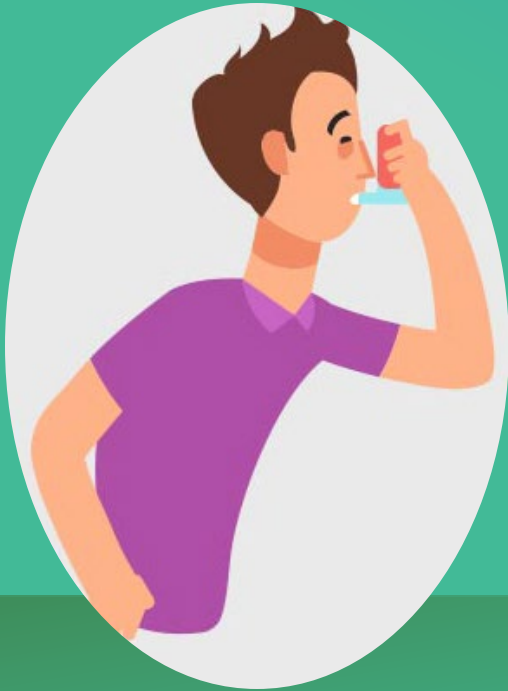




# INFORMATION ABOUT ASTHMA



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Thank you  
Jean Justad, MD  
Medical Director DDP  
2024