Asthma
Learning Objectives

At the end of the presentation students will be able to:

- Define Asthma
- Identify at least 3 causes of asthma
- List 4 symptoms of asthma
- List 5 methods of prevention and treatment of asthma
What is Asthma?

- It is a chronic disease that affects your airways and causes breathing difficulty.
- The airways are the tubes that carry air in and out of your lungs.
- If you have asthma, the inside walls of your airways are inflamed.
What is Asthma?

- Inflammation makes the airways very sensitive, and they react strongly to things that you are allergic to.
- When the airways react, they get thin, and less air flows through to your lung tissue.
Who is at Risk?

- People of all ages but mostly children
- More boys have asthma than girls
- Asthma affects people of all races
- African Americans are more likely than Caucasians to be hospitalized for asthma.
Causes of Asthma

**Allergens**
- Animals (pets)
- Dust mites
- Pollen

**Irritants**
- Cigarette smoke
- Air pollution
- Cold air or changes in weather

**Others**
- Strong odors from painting or cooking
- Scented products

**Others**
- Medicines such as aspirin
- Infections
Symptoms

- Coughing with or without phlegm
- Wheezing
- Chest tightness
- Chest pain
- Shortness of breath
- Faster breathing or noisy breathing
Asthma cannot be cured, but it can be controlled.

- Clean the house at least once a week
- Avoid pets with fur or feathers
- Wash the bedding weekly in hot water
- Encase the mattress, pillows and box springs in dust-proof covers
Treatment and Prevention

- Use the air conditioner
- Keep the humidity in the house low
- Monitor your lung function
- Use of medications
- Keep attending your doctor’s appointments
Living with Asthma

- Tell your doctor about all other medications you are taking.
- Have regular checkups.
- Learn to use your medication correctly.
- Learn how to use your inhaler.
- If you are having problems taking your asthma medicine, let your doctor know right away.
I HAVE ASTHMA BUT
ASTHMA DOESN'T HAVE
ME   ME   ME   ME   ME
Review Questions

1. What is Asthma?
2. Children are at highest risk of asthma:
   TRUE   FALSE
3. 2 symptoms of asthma are:
   1.
   2.
4. List 3 ways to treat asthma
5. Asthma can be cured:
   TRUE   FALSE