

Asthma



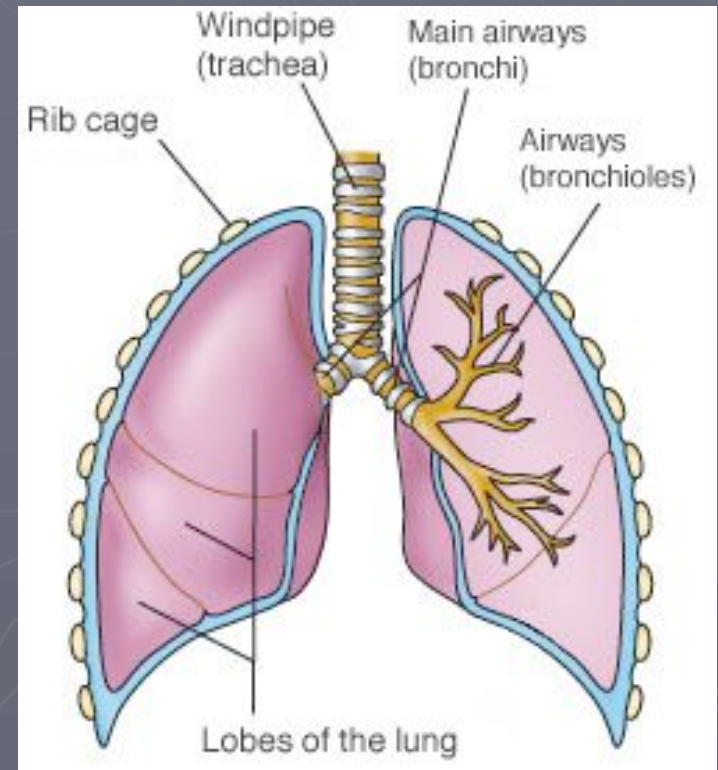
Learning Objectives

— 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

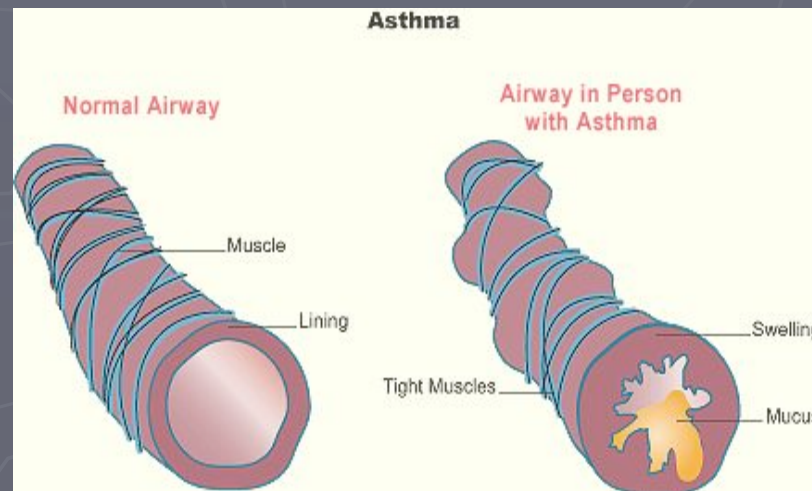
What is Asthma?

- 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

- 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



Treatment and Prevention

- 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

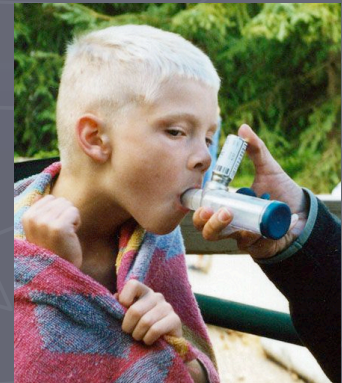
Treatment and Prevention

- _ Use the air conditioner
- _ Keep the humidity in the house low
- _ Monitor your lung function
- _ Use of medications
- _ Keep attending your doctor's appointments

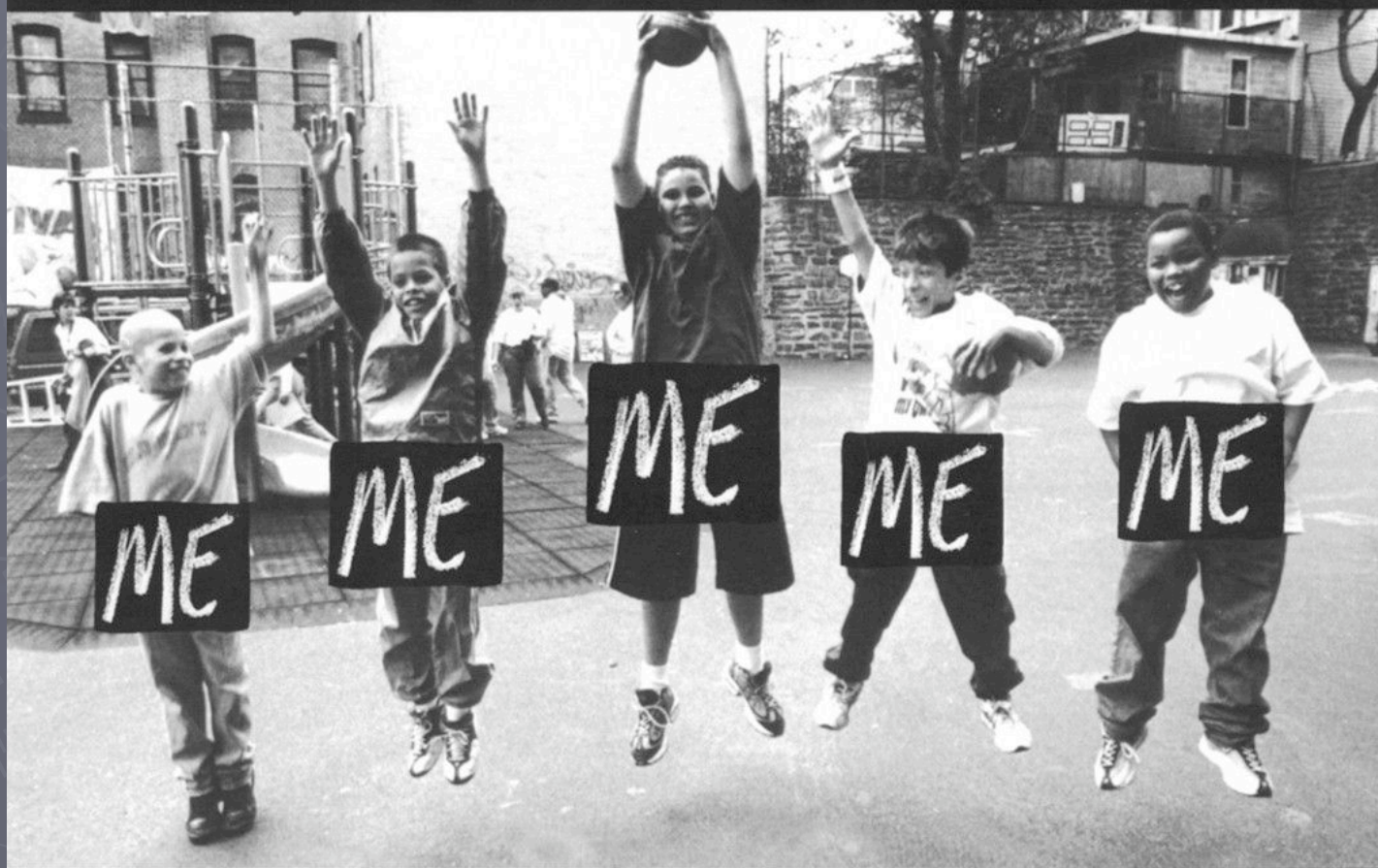


Living with Asthma

- 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



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