

What You Need To Know About Asthma: Inside Diseases And Disorders



What You Need to Know about Asthma (Inside Diseases and Disorders) by Stacy Shaneyfelt

★★★★★ 5 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 190 pages



Asthma is a chronic disease that affects the airways and makes it difficult to breathe. It is one of the most common chronic diseases among children, and it can also affect adults.

What Causes Asthma?

The exact cause of asthma is unknown, but it is thought to be caused by a combination of genetic and environmental factors.

- **Genetic factors:** People who have a family history of asthma are more likely to develop the disease.
- **Environmental factors:** Exposure to certain environmental triggers can increase the risk of developing asthma. These triggers include:
 - Tobacco smoke

- Air pollution
- Pollen
- Dust mites
- Animal dander
- Respiratory infections

What Are The Symptoms Of Asthma?

The symptoms of asthma can vary from person to person. Some of the most common symptoms include:

- Wheezing
- Coughing
- Shortness of breath
- Chest tightness
- Rapid heart rate

Severe asthma attacks can be life-threatening. Symptoms of a severe asthma attack include:

- Difficulty breathing
- Bluish tint to the skin
- Loss of consciousness

How Is Asthma Diagnosed?

Asthma is diagnosed based on a physical examination and a review of the patient's medical history. The doctor may also Free Download a lung function test to measure the patient's lung function.

How Is Asthma Treated?

There is no cure for asthma, but it can be controlled with medication and lifestyle changes.

The most common type of medication for asthma is inhaled corticosteroids. These medications help to reduce inflammation in the airways.

Other types of medication for asthma include:

- Bronchodilators
- Leukotriene modifiers
- Immunomodulators

In addition to medication, there are a number of lifestyle changes that can help to control asthma. These changes include:

- Avoiding triggers
- Getting regular exercise
- Eating a healthy diet
- Getting enough sleep

What Are The Complications Of Asthma?

Uncontrolled asthma can lead to a number of complications, including:

- Chronic bronchitis
- Emphysema
- Pneumonia
- Heart disease
- Stroke

How Can I Prevent Asthma?

There is no way to completely prevent asthma, but there are a number of things you can do to reduce your risk of developing the disease. These things include:

- Avoiding triggers
- Getting vaccinated against respiratory infections
- Eating a healthy diet
- Getting regular exercise

Living With Asthma

Living with asthma can be challenging, but it is possible to manage the disease and live a full and active life. The key is to work with your doctor to develop a treatment plan that is right for you and to follow your doctor's instructions carefully.

If you have asthma, it is important to be aware of your triggers and to avoid them as much as possible. You should also get vaccinated against respiratory infections and see your doctor regularly for checkups.

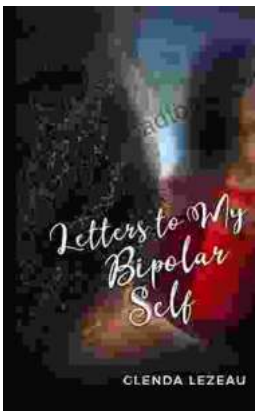
With proper treatment and management, you can live a full and active life with asthma.



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