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Asthma

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What Is Asthma?

Asthma is a disease that affects your airways. Your airways are tubes that carry air in and out of your lungs. If you have asthma, the inside of your throat becomes sore and swollen. That makes it very sensitive. When your airways are swollen, your lungs get less air.



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COLLEGE OF NURSING

Patient education brochure
developed by Kayla Phipps

Reading level: 5.8

Quiz

1. True or false: I cough frequently during the middle of the night, after exercise, and when I am around cats, but I have never wheezed. This means that I do not have asthma.
2. True or false: Asthma has different causes in different people. Allergies such as dust mites or molds, often contribute to asthma symptoms.
3. True or false: My child was recently diagnosed with asthma. She will not be able to do the things that other kids can do, and she may not be able to have an active childhood.

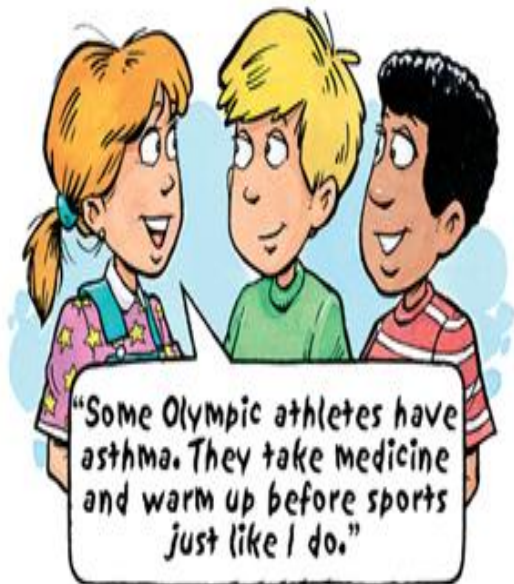
Answers are listed below



References

Asthma: MedlinePlus. (n.d.). Retrieved October 17, 2016, from <https://medlineplus.gov/asthma.html#cat92>
1.False 2. True 3. False

Asthma





“One step at a time,
inhaler in hand, I will
fulfill my dreams and live
life to the fullest.”

Different Types of Asthma

Exercised-induced Asthma- a

closing of the airways in the lungs that is caused by exercise. It causes trouble breathing, wheezing, coughing and other symptoms during or after exercise.

Night Time Asthma- worsening of

asthma at night. Symptoms include long lasting sinus problems, reflux and sleep apnea

Work Asthma- things in the work place that cause the airways of the lungs to get smaller or enlarge

Drug-induced Asthma- redness and swelling that comes from taking a specific drug.

Asthma Facts

Asthma is:

- A serious long-lasting disease that usually does not go away
- Swollen airways
- Increased slime in the lungs

Treatments for Asthma

- Inhalers
- Avoiding causes
- Develop an asthma plan
- Corticosteroids
- Maintain healthy immune system
- Asthma needs actions, pay attention to all symptoms, avoiding triggers

Symptoms of Asthma

- Wheezing
- Coughing, especially in the morning or night
- Tight chest
- Shortness of breath

How is Asthma Diagnosed?

- Lung function test
- Medical history
- Family history
- Allergy test

Risk Factors

- Respiratory infections
- Allergies
- Eczema
- Parents who have asthma