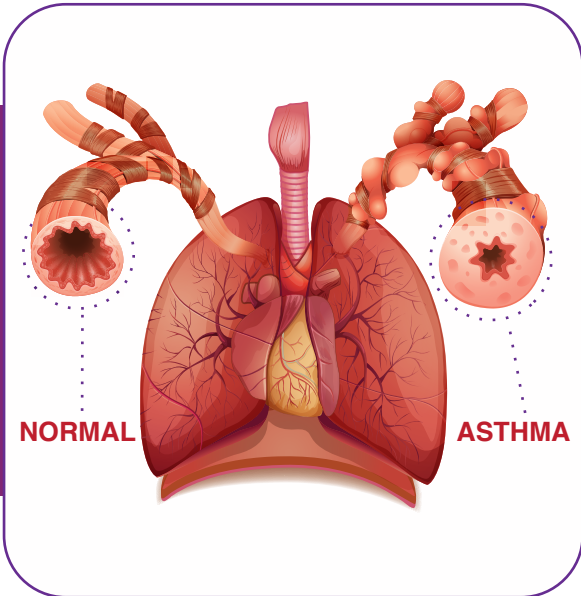
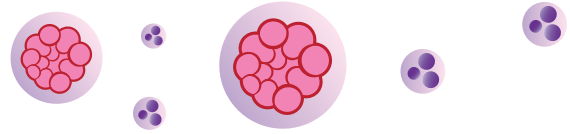




ASTHMA

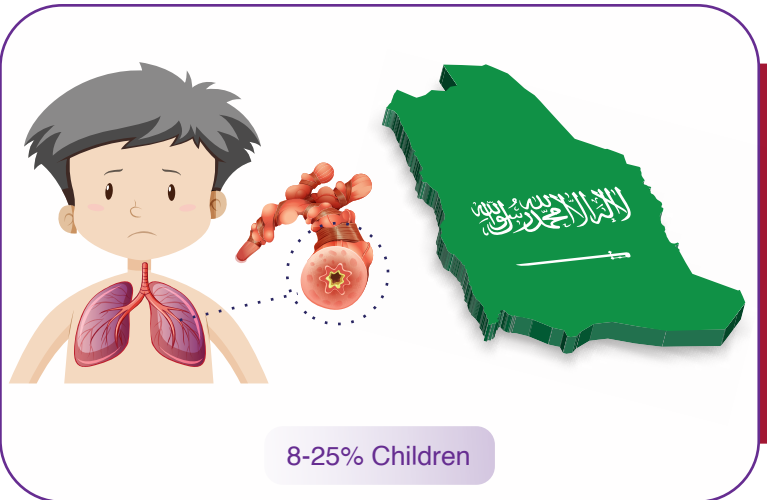


WHAT IS ASTHMA?

Asthma is a chronic inflammatory disease of the airways of the lungs which can make it hard to breathe. Severe asthma is a chronic respiratory condition characterized by persistent symptoms, frequent exacerbations, and airflow limitation that is often difficult to control with standard treatment.

PREVALENCE

Asthma is one of the most common chronic diseases in Saudi Arabia with increasing prevalence in the past decades. According to the Saudi Initiative for Asthma (SINA 2016), the overall asthma prevalence in children ranges from 8-25% over the past three decades.



SYMPTOMS



Wheezing



Shortness of breath



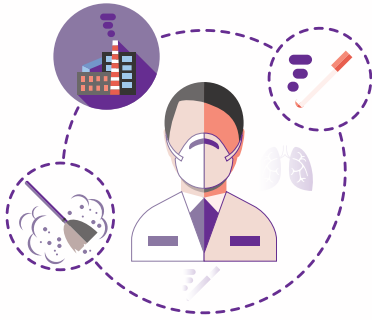
Chest Tightness



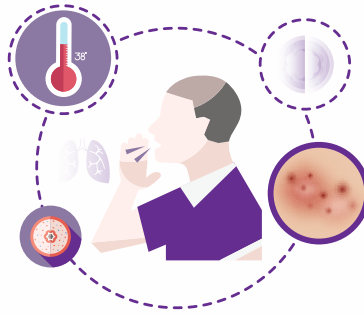
Cough

CAUSES AND RISK FACTORS:

The cause of **asthma** remains unidentified; however, there are risk factors that increase the chance of developing it



Allergies



Eczema & Fever



Family History

Risk factors include allergies or other conditions (such as eczema, hay fever, or food allergies), a family history of asthma or other allergies, exposure to negative smoke in childhood, mother's smoking during pregnancy, exposure to fumes, wood particles, and others in the workplace.

WHAT CAN TRIGGER ASTHMA ATTACKS:



1



2



3



4



5



6



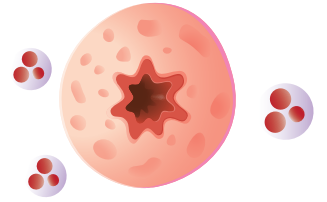
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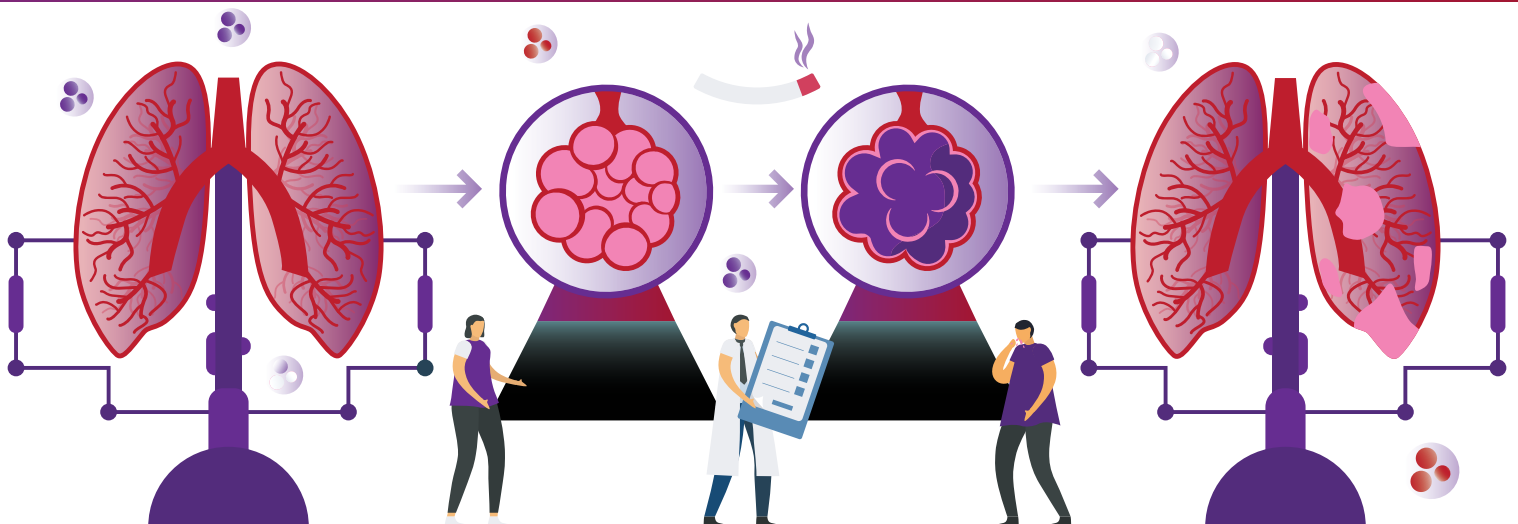
8

- 1 Viral Respiratory Infections
- 2 Airborne allergens: such as pollen, dust mites, fur or feather
- 3 Air pollutants
- 4 Weather fluctuations
- 5 Vigorous activity
- 6 Obesity
- 7 Gastroesophageal reflux disease
- 8 Emotional factors or stress

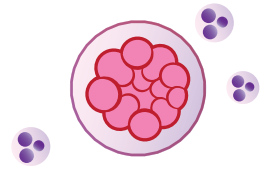
DIAGNOSTIC METHODS:



- 1 **Assessing medical history:** family history of asthma, other allergies, smoking or exposure to negative smoke, and pollutants in the workplace.
- 2 **Clinical examination:** Lung function tests such as a spirometer, which is a device used to measure lung airflow.
- 3 **Air flow meter,** which is used to measure how hard air exits (exhalation intensity).
- 4 **Allergy tests:** blood or skin.



TREATMENT



Though **asthma** cannot be fully cured, proper treatment can help keep it under control. Treatments vary depending on age, symptoms, and others, including:

- **Long-acting drugs** (prophylactic): Taken daily to control asthma and reduce the likelihood of attacks.

They include inhaled corticosteroids, leukotriene modifiers, long-acting beta agonists.

- **Rapid-acting drugs** (rescue): It is used during the occurrence of asthma attacks and has several types:

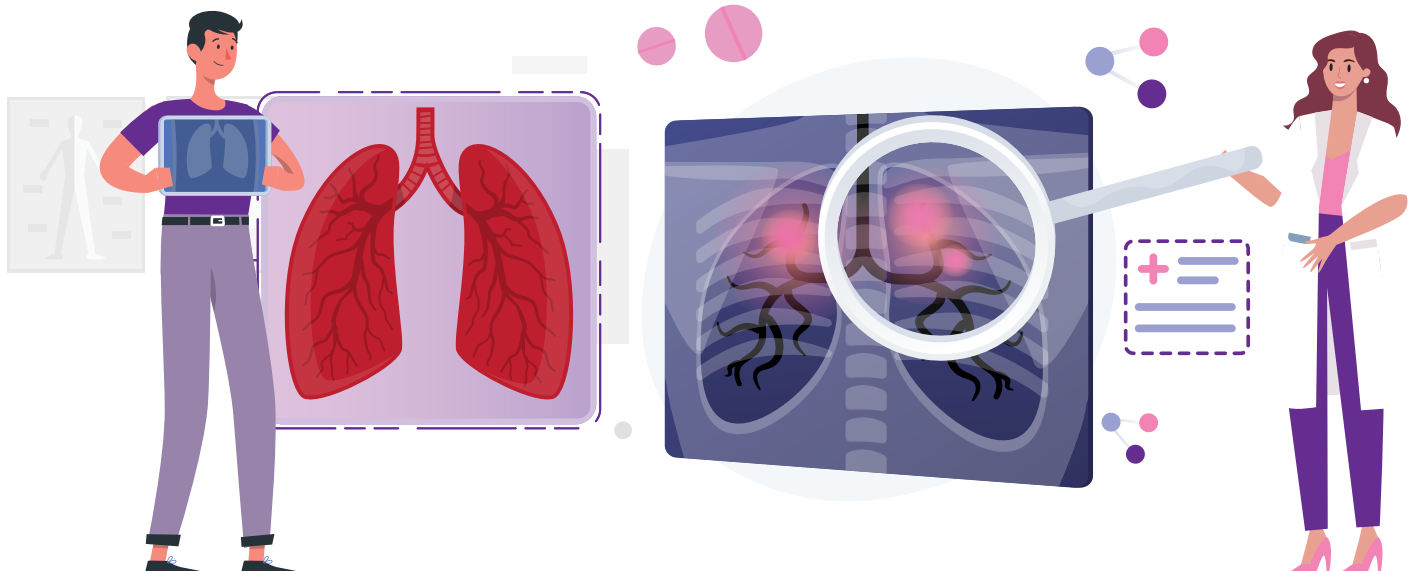
- Short-acting beta-agonists (such as Ventolin).

- Oral or intravenous corticosteroids are reserved for asthma attacks.

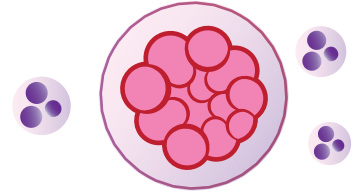
Patients with difficulty using **asthma inhalers** especially the very young or old can take medications via funnel (spacer), or nebulizer.

- **Biologics**: They target specific mechanisms of asthma inflammation and thus improve asthma control and prevent attacks.

They are for people with moderate-to-severe asthma that is hard to control despite adequate use of inhaled corticosteroids and other medicines and are given by injections.



GENERAL GUIDELINES FOR ASTHMA CONTROL



1 Keep your asthma medications with you all the time.



2 Take medications regularly and correctly as directed by your physician.



3 Keep away from irritants.



4 Avoid allergens that are known to worsen your asthma such as pets.



5 Avoid smoking.



6 Take the flu vaccine annually.



7 Get enough rest and take fluids when you feel the onset of flu symptoms.



8 Cover the mouth and nose with a scarf in cold weather.