

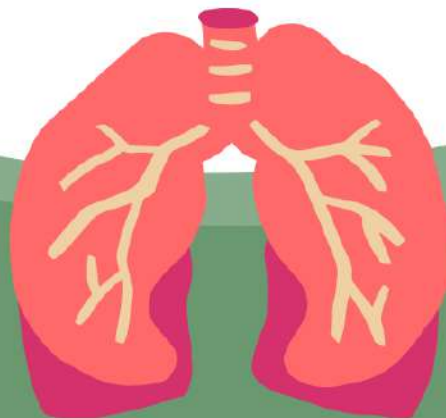
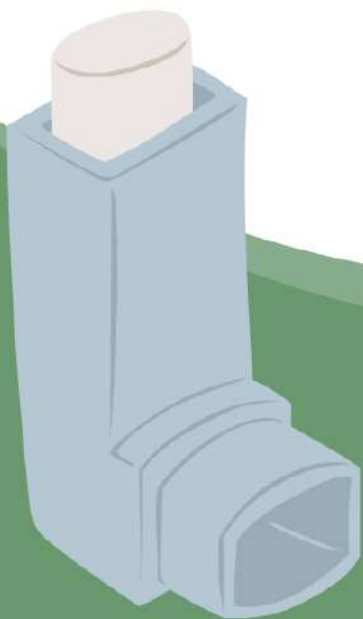
MEDICAL BULLETIN
MAY 2023

ASTHMA

Asthma is a chronic respiratory disease that affects millions of people worldwide. It is characterized by inflammation and narrowing of the airways, leading to symptoms such as wheezing, coughing, and shortness of breath.

Common asthma symptoms include:

1. Wheezing: A high-pitched whistling sound when breathing, especially during exhaling.
2. Coughing: A persistent cough, especially at night or early in the morning.
3. Shortness of breath: Difficulty breathing or feeling like you can't catch your breath.
4. Chest tightness: A feeling of pressure or tightness in the chest.



MAY 2023

PREVENTION TIPS

Here are some advisory points for managing asthma:

1. Follow your doctor's treatment plan: Your doctor will likely prescribe medications, such as inhalers and oral medications, to help control your asthma. It's important to take these medications as directed, even if you're feeling well, to prevent asthma symptoms from flaring up.
2. Avoid triggers: Common asthma triggers include tobacco smoke, dust mites, pet dander, mold, and air pollution. Try to avoid these triggers as much as possible to prevent asthma symptoms.
3. Monitor your symptoms: Keep track of your asthma symptoms, including how often they occur and how severe they are. This information can help your doctor adjust your treatment plan if needed.
4. Be prepared for emergencies: Make sure you have an asthma action plan that outlines what to do in case of an asthma attack. This plan should include a list of emergency contacts, instructions for using your inhaler, and steps to take if your symptoms worsen.
5. Stay active: Regular exercise can help improve lung function and reduce asthma symptoms. Talk to your doctor about which types of exercise are safe for you and how to manage exercise-induced asthma.
6. Get vaccinated: People with asthma are at higher risk of complications from respiratory infections, such as the flu and pneumonia. Make sure you're up to date on all recommended vaccinations, including the flu vaccine.
7. Seek medical help if needed: If you're experiencing severe asthma symptoms, such as difficulty breathing, wheezing, or chest pain, seek medical attention right away. These symptoms could indicate a potentially life-threatening asthma attack.

Asthma symptoms can be triggered by a variety of factors, including allergens (such as pollen, dust mites, and animal dander), air pollution, exercise, cold air, and respiratory infections. Asthma attacks can be mild, moderate, or severe, and can require emergency treatment if they become life-threatening.

Asthma is diagnosed through a combination of medical history, physical exam, lung function tests, and other diagnostic tests such as allergy testing. There is no cure for asthma, but it can be managed with proper treatment and self-care. Treatment usually includes the use of inhalers (bronchodilators and corticosteroids) to open up the airways and reduce inflammation, as well as avoidance of triggers and other lifestyle modifications.

