



Understanding Asthma

Children & Asthma

Over 10 million children in the United States have asthma, a chronic respiratory condition that causes the airways to become inflamed and narrow. This makes it difficult to breathe and can lead to coughing, wheezing, and chest tightness. Asthma is a long-term condition that can be managed with medication and lifestyle changes.

What is Asthma?

Asthma is a chronic respiratory condition that causes the airways to become inflamed and narrow. This makes it difficult to breathe and can lead to coughing, wheezing, and chest tightness. Asthma is a long-term condition that can be managed with medication and lifestyle changes.

Breathing & Gas Exchange

During breathing, air enters the lungs through the trachea and bronchi. In the alveoli, oxygen is exchanged for carbon dioxide. The diaphragm contracts to draw air in, and relaxes to push air out.

Measuring Air Flow

A spirometer is used to measure the volume of air inhaled and exhaled. A peak flow meter measures the maximum speed of expiration, which can be a useful indicator of airway obstruction.

Peak Flow Chart



Allergies & Asthma

Allergies can trigger asthma attacks. Common allergens include pollen, dust mites, mold, and pet dander. When an allergen enters the body, it causes an immune response that leads to inflammation and narrowing of the airways.



Normal Bronchiole

Asthmatic Bronchiole

An Asthma Attack

- #### Symptoms
- Coughing
 - Wheezing
 - Chest tightness
 - Shortness of breath
 - Exacerbation of chronic condition

Airway with Allergen



The allergen causes the airway to become inflamed and narrow. This leads to symptoms such as coughing, wheezing, and chest tightness.

Close-up of Airway Wall



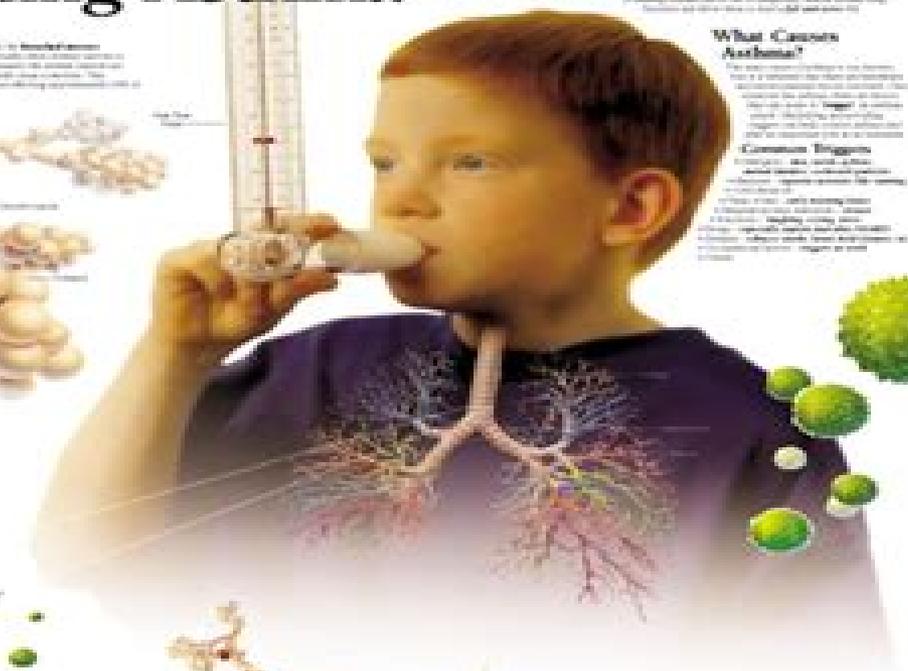
Inflammation

Inflammation is a response to injury or infection. In asthma, it causes the airway walls to swell and produce mucus, which narrows the airway.

Treatment of Asthma

The goal of asthma treatment is to control symptoms and prevent asthma attacks. Medications are used to relax the airway muscles and reduce inflammation. Lifestyle changes, such as avoiding allergens and using a peak flow meter, can also help manage the condition.

- #### Long-term control of asthma symptoms
- Take all asthma medicines as prescribed.
 - Identify and avoid your allergens.
 - Use your inhaler correctly.
 - Use your peak flow meter regularly.
 - Follow your asthma action plan.
 - Get a flu shot every year.
 - Don't smoke or use tobacco.
 - Don't drink alcohol.



What Causes Asthma?

Asthma is caused by a combination of genetic and environmental factors. Common triggers include allergens, respiratory infections, exercise, and stress. The exact mechanism of how these factors lead to asthma is still being studied.

Common Triggers

- Allergens (pollen, dust mites, mold, pet dander)
- Respiratory infections
- Exercise
- Stress
- Weather changes
- Acid reflux
- Medications (aspirin, NSAIDs)

Understanding Asthma Paper Chart

ML Morrison



Understanding Asthma Paper Chart:

Unveiling the Power of Verbal Art: An Psychological Sojourn through **Understanding Asthma Paper Chart**

In a world inundated with displays and the cacophony of instantaneous interaction, the profound power and psychological resonance of verbal art often disappear in to obscurity, eclipsed by the regular barrage of sound and distractions. However, located within the lyrical pages of **Understanding Asthma Paper Chart**, a fascinating work of literary brilliance that impulses with natural feelings, lies an unforgettable trip waiting to be embarked upon. Written with a virtuoso wordsmith, that enchanting opus manuals viewers on a mental odyssey, gently revealing the latent potential and profound influence embedded within the complex web of language. Within the heart-wrenching expanse of this evocative examination, we shall embark upon an introspective exploration of the book is main subjects, dissect their interesting publishing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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