



SURVIVING ASTHMA ATTACKS

BY

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www.asthma-explained.com

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GOT ASTHMA?



Asthma is a chronic inflammatory disorder of the airway that's associated with airway hyper-responsiveness, recurrent episodes of wheezing, breathlessness, chest tightness, cough. The episodes are variable in nature but widespread obstruction can occur. These asthmatic episodes are reversible spontaneously or using treatments.

The symptoms of it can happen in different patterns. These patterns can be classified into two categories: the episodic type and frequent episodic type. When a symptom is under the episodic category, this means that the occurrence of asthma will only be occasional. It is a well-defined symptom and often lasts for just a couple of hours. For some people it can last for a few days. Often times, there's no symptom in between the attacks.

WHAT'S YOUR ASTHMA TRIGGER?



There are various triggering factors that are commonly experienced by people with asthma condition; you need to be familiar with these things as it can aid you in controlling or treating your asthma better.

FOOD TRIGGERS

There are certain foods like potatoes, bottled lemon, wine, lime juice, shrimp and dried fruits usually contain sulfites which cause asthmatic symptoms. Other common food triggers found to cause symptoms among patients including milk, peanuts, fish, shellfish, some types of seafood, soy, eggs, some types of nuts, wheat, pickled foods, packed potatoes.

Preventing Food Triggers

The best way to prevent food triggering your asthma is by being mindful of what you're eating, especially if you don't know or is not familiar with the dish. You might want to wear a medical type of bracelet that can make you identify food allergies. Always have your handy medications like epinephrine to serve as your first aid in case you've eaten something that triggers allergic reactions.

As much as possible, take the time to read the ingredients or food labels especially when buying unknown brands. If possible, request the restaurant or food outlet to not include certain types of food or ingredients in the dish that you'll order so that you can still enjoy your favorite meal without triggering your asthma.

POLLEN TRIGGER

Pollen usually comes from plants, weeds, flowers, grasses and trees; this type of particle is carried around by different insects like bees, butterflies, dragonflies etc. or sometimes the wind/weather condition. Pollens and air pollution can both trigger allergic reactions.

Preventing Pollen Triggers

What you can do to prevent this is by turning on your air conditioner and close the windows around the house especially during "pollen season" or when there's lots of pollen around. As much as possible, stay inside the house during midday until afternoon; this is usually the times of day when pollen is at its peak.

If you can't stay indoors when pollens are everywhere then make sure to bring your first aid asthma meds, or inhaler so that you can be prepared. Make sure to wash your hair before

going to bed, take a bath and put the clothes in the laundry if you spent time outside when pollen is high. This is to remove any pollen particles and keep them away from you to avoid triggers.

ENVIRONMENTAL TRIGGER

The following are household things found inside and outside the house or in other areas that can cause allergic symptoms and asthma attacks. Make sure to stay away from it as much as possible; this includes gas or wood, stoves, heaters, fireplaces, sprays, perfumes, disinfectants



or other cleaning materials

Scented products like car freshener, scented candles, and essential oils. These products even if it is natural can trigger asthma. Other scents like that carries rose flower oil, citrus lemon, and lavender extracts should also be

avoided. Things like newly painted walls or boards, particle boards and carpets should also be avoided. Materials found in ceilings, furniture, walls or floors sometimes emit strong chemical irritants – these things are known as VOC or volatile organic compounds which can trigger allergies.

Preventing Environmental Triggers

What you can do is to make sure that such materials are aired out using ventilation, and that coverings of walls, ceilings or the floor are maintained. You should also make sure that they don't become wet or damp because that can be a breeding ground for molds which can also trigger asthma.

DUST MITES TRIGGERS

These dust mites can be found in every household, let's just say they come in the "package" together with other microscopic creatures. They usually thrive in humid areas like your couch, pillow, bed, and carpets. These animals live on by the skin flakes that are shed by both humans and animals. There are lots of patients that are allergic to dust mites so make sure that your couch and bed is clean and "dust mite free" because that's where you spend most of your time.

Preventing Dust Mite Triggers

For you to prevent this to triggering your asthma, make sure to dust as often as you can to prevent buildup of these materials. If you don't dust regularly, dust mites can establish breeding grounds, and the dusting itself can cause asthma triggers since you let all the dusty dirt pile up. Try to cover your bed or spring using plastic or airtight covers to ensure that the bed is encased and prevent dust mites from building up. Don't put too much clutter in your bedroom. This includes toys, collections, frames, old scraps etc.

HANDLING ASTHMA ATTACKS



An Asthma attack is when the symptoms are at its full power. It can be classified as mild and severe episodes. People diagnosed with mild asthmas can still experience sudden or slow severe attacks. Mild attacks goes away almost immediately but it often triggers a second attack that is sometimes much worse and may require medical attention.

The lining of the lung's airways or passage swells which means that the muscle area tightens making airflow narrower. These changes ultimately blocks airflow and can cause difficulty in breathing. This is the reason why patients oftentimes need different meds for treatment, if you know the changes happening in the lungs when triggered you can have a better understanding of the disease.

HOW TO SURVIVE AN ASTHMA ATTACK

If you want to survive against asthma attacks, the old saying stays true when it comes to illnesses – prevention is better than cure but probably with a little twist for asthma patients; it's more of “preparation is better than prevention.” You never know when these episodes can happen, and it's guaranteed that it will happen, so the best time to plan is right there in your doctor's office.

If you have already confirmed that you have asthma, expect to have mild or severe asthma attacks from time to time. Knowing what to do once you experience an asthma attack can literally save your life, and with an expert's aid you'll be far more than prepared – and that's a good thing.

Below are some tips on how you can handle asthma attacks:

- ✓ You need to continuously work with your physician in creating your Asthma Plan. Adjust and update it regularly as you go along.
- ✓ As much as possible, avoid your triggering factors. It's best to have a plan if ever you got triggered by asthma attacks like bringing your meds or inhalers or doing breathing exercises recommended by your physician.
- ✓ Make sure that you know how, when and how often you take your medications.
- ✓ Monitor your peak flow
- ✓ Always keep your meds/inhalers handy at all times
- ✓ Always stay alert for warning signs so you can prevent it ahead of time.

TROUBLE BREATHING? LET US HELP YOU!

ASTHMA EXPLAINED

Asthma is one of the most common chronic disorders in the world. There's about 300 million people worldwide affected by this illness, and its prevalence are continuously increasing more especially in children.

It is derived from a Greek word which means panting or breathing in a short weak breath. It is a chronic inflammatory disorder of the airway that's associated with airway hyper-responsiveness, recurrent episodes of wheezing, breathlessness, chest tightness, cough

EPISODIC VS. FREQUENT EPISODIC

When a symptom is under the episodic category, this means that the occurrence of asthma will only be occasional. It is a well-defined symptom and often lasts for just a couple of hours.

When it comes to frequent episodic type it pertains to the frequency of asthma attack typically lasts longer. For most people, it can last for a couple of weeks.

Major Asthma Triggers

Food

There are certain foods like potatoes, bottled lemon, wine, lime juice, shrimp and dried fruits usually contain sulfites which cause asthmatic symptoms. Other common food triggers found to cause symptoms among patients including milk, peanuts, fish, shellfish, some types of seafood, soy, eggs, some types of nuts, wheat, pickled foods, packed potatoes.

Pollen Alert

Pollen usually comes from plants, weeds, flowers, grasses and trees; this type of particle is carried around by different insects like bees, butterflies, dragonflies etc. or sometimes the wind/weather condition. Pollens and air pollution can both trigger allergic reactions.

Pollution

Household things found inside and outside the house or in other areas that can cause allergic symptoms and asthma attacks. Make sure to stay away from it as much as possible; this includes gas or wood, stoves, heaters, fireplaces, sprays, perfumes, disinfectants or other cleaning materials.

Dust Mites

These dust mites can be found in every household, let's just say they come in the "package" together with other microscopic creatures. They usually thrive in humid areas like your couch, pillow, bed, and carpets.

How to Handle Asthma

- You need to continuously work with your physician in creating your Asthma Plan. Adjust and update it regularly as you go along
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ASTHMA ATTACK TIPS

Here are some common tips on what to do when you suffer from an asthma attack:

Tip #1: Don't Panic and Breathe!

Of course this isn't easy, but panicking will only make your breathing worse so as much as possible stay relax, after all you had it coming. If you think you're in the "worst of the worst" situation, tell someone that you're experiencing the symptoms, and get help if necessary.

Tip #2: Always Prepare for Emergencies

Make sure to always bring your quick-relief medication with you. Educate yourself on when and how much you're going to take so that you'll know what to do in cases of emergency. If the handy medication or inhaler is not effective within a few

minutes, call a medical help immediately. Don't adjust the medication unless your doctor has some recommendations about it or if advised by a health professional.

DIAGNOSING ASTHMA SEVERITY



When it comes to detecting asthma, doctors usually carry out tests to diagnose symptoms. They also will check the medical history of the patient to see the possible trigger factors, frequency, medications taken etc. Lung function tests are also administered because it's very useful when it comes to assessing the severity of airflow.

The variability of airflow limitation is a good indicator when it comes to diagnosing asthmatic conditions. For instance, if a patient comes in and tell his/ her doctor the symptoms that he/ she has been experiencing; the doctor will know if it falls under the clinical features of this disease or also known as common asthmatic symptoms.

THE SPIROMETER TEST

Doctors also use lung function or reversibility tests in order to assess and confirm asthma. One way of knowing this is through using a spirometer. A spirometer is the preferred method used in detecting the lung's airway limitation and the reversibility of the airway limitation.

One important thing to keep in mind is that even if patients don't show positive results in their reversibility tests, repeated tests will likely be conducted to confirm if whether or not a person is asthmatic.

THE PEAK FLOW METER TEST

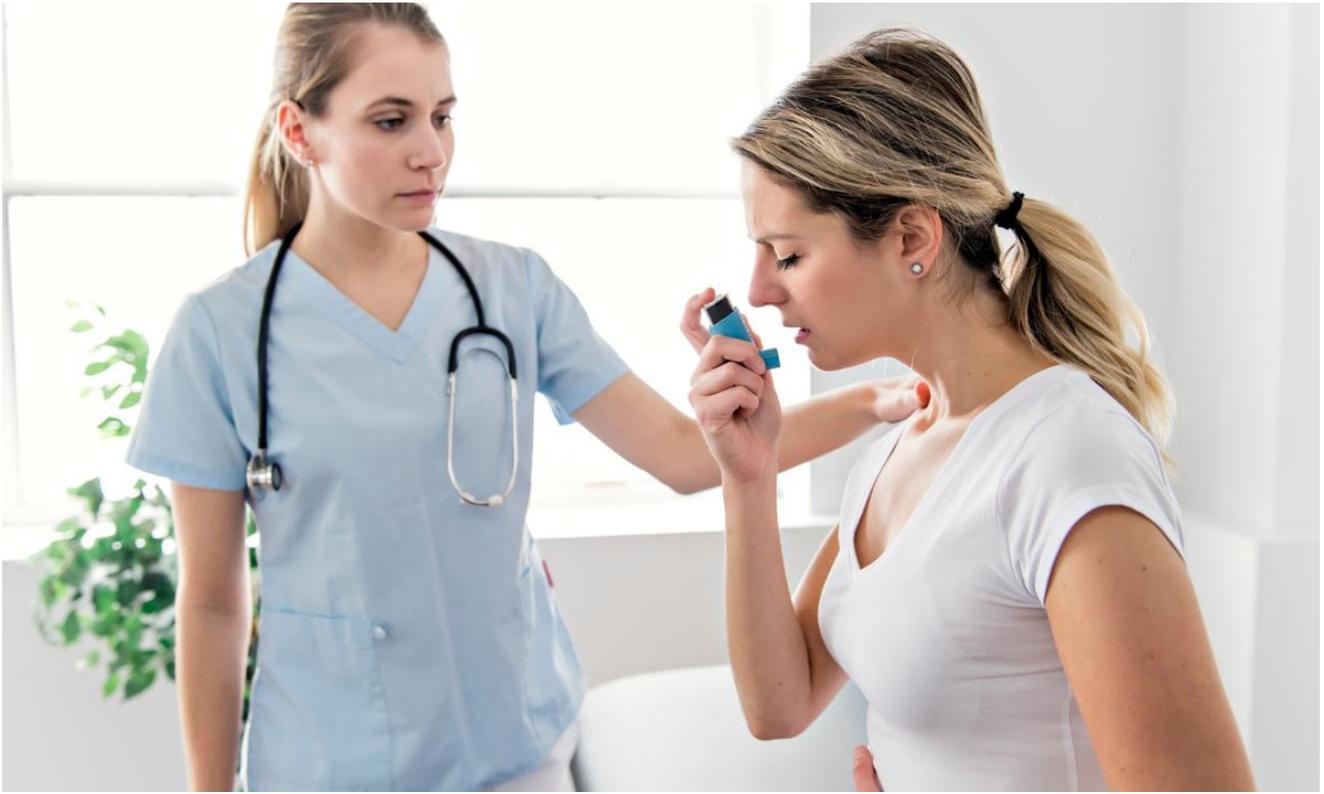
This lung test is conducted using a peak flow meter. Usually doctors compare the patient's previous best peak expiratory flow with the recent findings after administering bronchodilator.

In cases where the patient shows clinical symptoms but the lung tests results are normal, physicians will advise the person to undergo other kinds of tests including histamine challenge test, exercise challenge test, and other types to confirm the diagnosis.

Diagnosing Kids and Seniors

Sometimes it's hard to diagnose asthma especially in children below five years old as well as senior patients. It can also be difficult to diagnose some cases like exercise induced asthma, cough variant asthma and occupational asthma because these are varieties that may require a thorough examination of the patient's health history as well as additional lung tests to confirm it.

CONCLUSION



Asthma is one of the most common chronic disorders in the world. There's about 300 million people worldwide are affected by this illness, and its prevalence are continuously increasing more especially in children. Asthma is similar to being shot. It can kill you right away or in the shortest possible time if it's not treated immediately. Studies show that kids who died because of asthma were diagnosed with just a mild disease. So like any other illnesses, you have to prevent it or treat it as soon as you notice the symptoms so that you can have the chance of living normal and even healthy lives.

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About

Retired high school biology teacher Frederick Earlstein lives to research. When his only niece was diagnosed with postural orthostatic tachycardia syndrome (POTS) at age 14, Earlstein felt helpless. His answer was to start researching the condition and sharing everything he learned with his sister and her family. That project not only resulted in a book on the subject, but also to the successful management of the girl's condition.

Earlstein applied the same approach to his own minor problems with blood pressure, allergies, and degenerative disc disease. "It's all about critical mass," he says. "When the notes on my laptop and those piled up on my actual desktop reach a certain level, I start realizing there's a book in there somewhere."

Writing about medical issues in plain English has become Earlstein's second career. After retiring from his career as an educator, he began looking around for something to occupy his time. "You can only clean out the garage so many times," he said. "I was trained to be an academic and old habits die hard."

Now Earlstein works daily in his home office on whatever manuscript he has at hand. He describes the work as the perfect combination of intellectual challenge and self-employment. "I decide what to write about and when to write it," Earlstein says. "Typically I pick a subject because I know someone who is grappling with the problem and with understanding the information they're being given."

A firm believer in the power of informed consent, Earlstein is appalled by how difficult the medical community makes it for the average person to really understand a condition and make good treatment choices. "There's no reason why this material can't be presented in plain English," he says. "You just have to make an effort to really understand what you're talking about."

Although Earlstein makes no claims of being a doctor himself, he does feel he has a good role as an interpreter. "I don't write about any condition until I've studied the material and have a good handle on the mechanics of the problem or the illness," he said. "I'm not shy about calling up a doctor or surgeon and asking questions."

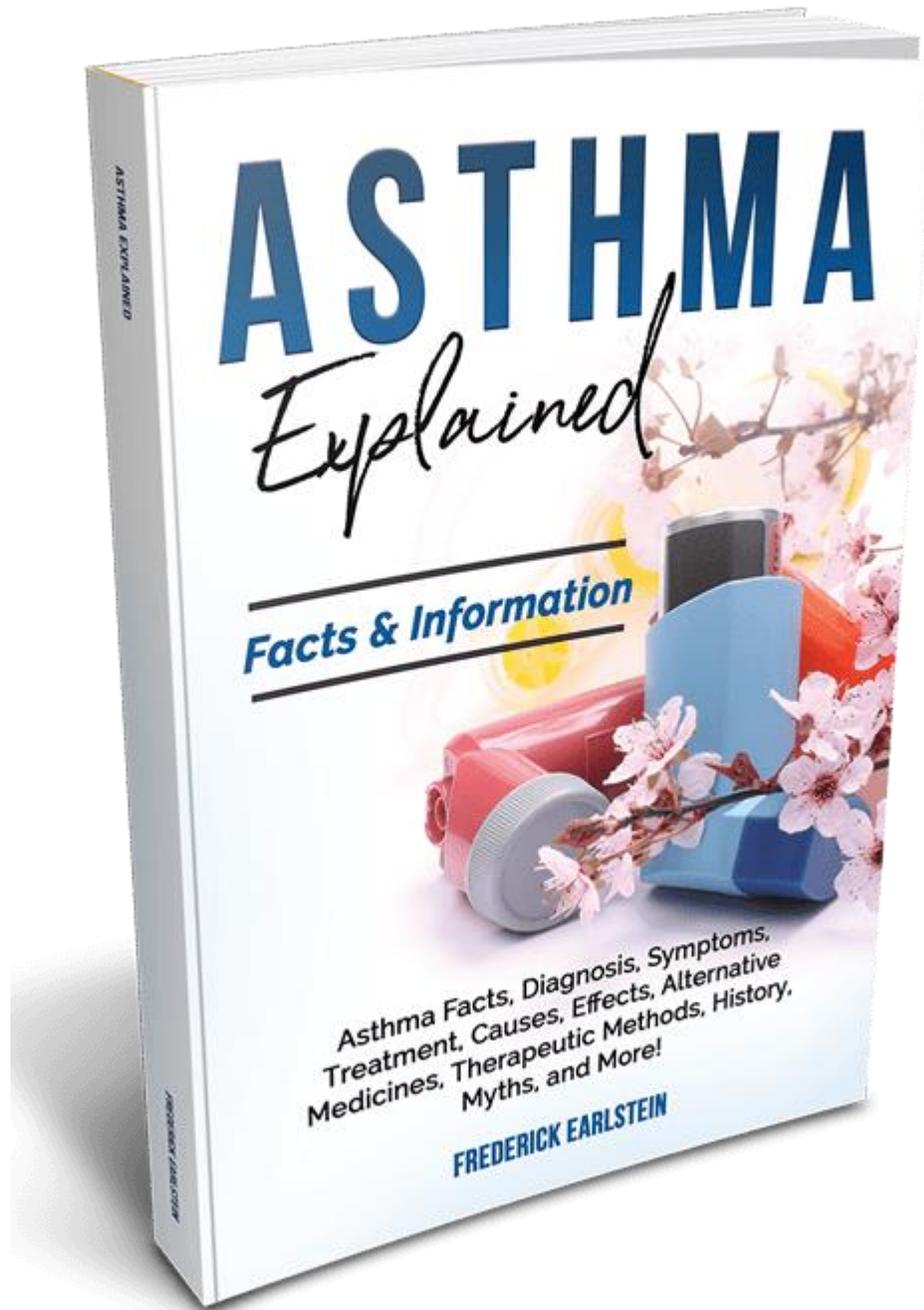
Recently, when his eye doctor told him he was suffering from eye strain, Earlstein immediately began to research the condition. "I knew I had been staring at the computer a lot," Earlstein said. "I didn't know that just getting lightly tinted lenses in my glasses could help. I'm still gathering information and yes, there's a book in the works."

When asked if he prefers writing over teaching, Earlstein makes it very clear that in his mind, he's still a teacher. "I'm just using a different method," he says. "One where I don't have to listen to the snores if I put anyone to sleep!"



Frederick Earlstein

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