



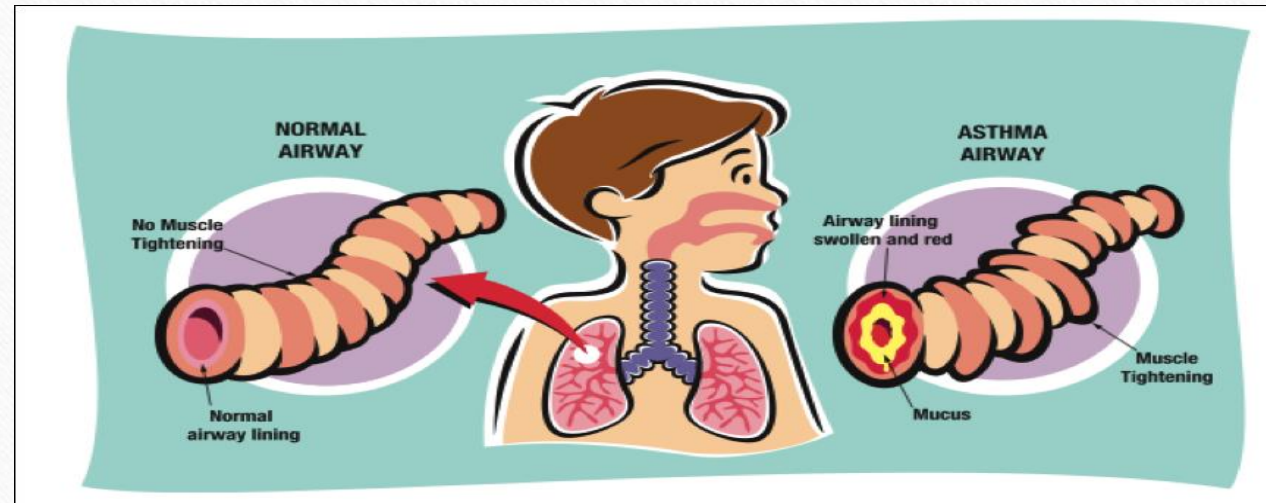
Asthma

By Zain Ali Khan

What is Asthma

Asthma is the most common long term lung disease in the world.

Asthma results in the airway lining being swollen and mucus covered with muscle tightening in the airway.



How do you get asthma

Exposure to various substances can trigger symptoms of asthma. Asthma triggers are different from one person to another and can include

- Pollen
- Dust Mites
- Mold Spores
- Particles of cockroach waste

Asthma tends to often run-in families and the one of the factors of asthma is family history so if your grandma has asthma, there's a higher chance that you have it too.



Types of asthma

Adult-Onset Asthma

Allergic Asthma

Asthma COPD Overlap

Exercise-Induced Bronchoconstriction

Non-Allergic Asthma

Occupational Asthma

Allergic asthma

Increased circulating IgE, which may also include increased *Aspergillus fumigatus* IgE. May respond to omalizumab (anti-IgE), itraconazole or oral corticosteroids.

Eosinophilic asthma

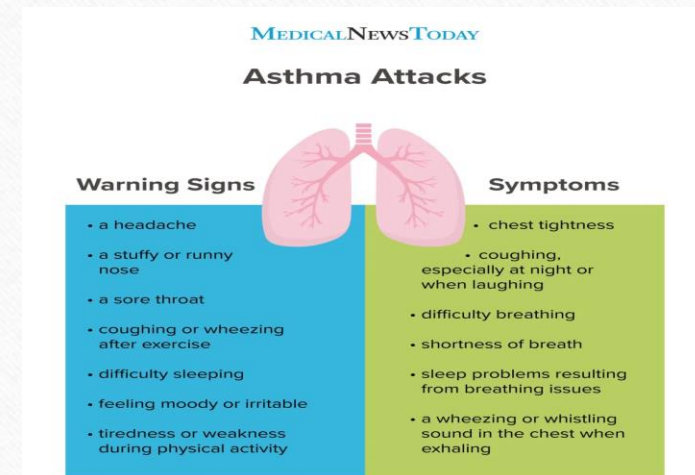
Increased blood or sputum eosinophil numbers (e.g. > 3% sputum eosinophils), and increased fraction exhaled nitric oxide (FeNO). May respond to oral corticosteroids or mepolizumab (anti-IL-5).

Non-eosinophilic asthma

Absence of elevated eosinophil numbers in induced sputum. May respond to LABD-LABA, LAMA, theophylline or macrolides.

Symptoms of Asthma

- Fainting.
- Coughing or wheezing
- Not being able to eat sleep or speak because of breathlessness
- Breathing faster
- Faster Heartbeat
- Drowsiness, exhaustion or dizziness.
- Blue fingertips and blue lips

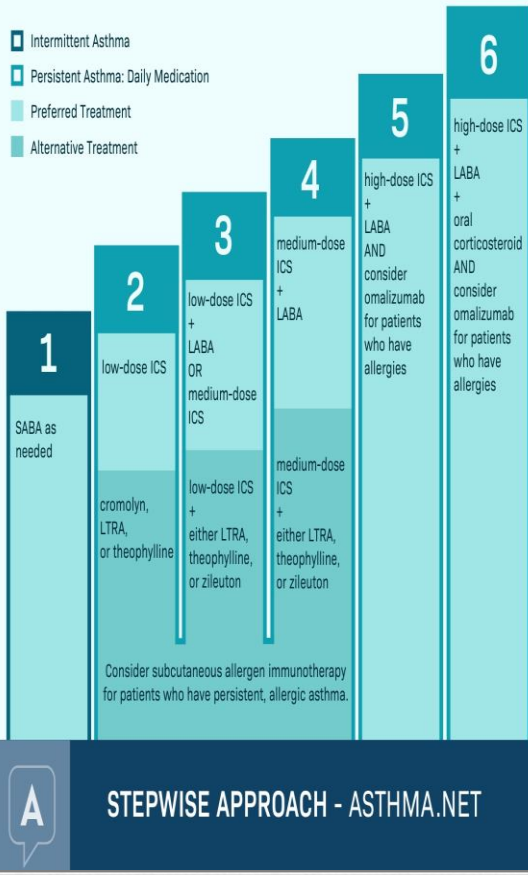


What is an asthma attack



An asthma attack includes wheezing, chest tightness, coughing or trouble breathing. This attack happens in the body's airways which are the paths in your body that carry air to your lungs. As the air moves through these airways the airways become smaller and swell. Less air gets in and out of your lungs and your body makes mucus that clogs your airways.

Stepwise Approach For Ages 12+



Asthma Treatment

The best way to treat asthma is to record how well your lungs are working and track your symptoms. After this you should adjust treatment according to your asthma action plan.

Long term-controlled medications such as inhaled corticosteroids are very important medications to keep asthma under controlled. These treatments help the airways from swelling and stop inflammation.

Quick relief inhalers contain a fast-acting medication such as albuterol which can help stop asthma attacks and reduce the chance of asthma attacks happening.

THANKS FOR
LISTENING

