

Life with Asthma



Asthma is usually a long-term disease that affects people of all ages.¹ It causes inflammation of the airways, making them swell and become narrow. The airways can also produce extra mucus, which makes people with asthma susceptible to respiratory infections on top of a narrowing airway, making it difficult to breathe.² Asthma can cause wheezing, breathlessness, chest tightness, and coughing.¹

Asthma can be caused by several factors such as dust, air pollution, tobacco smoke, dust mites, pests, pets, mold, and other factors usually called “asthma triggers”. These asthma triggers can vary from person to person and knowing one’s asthma triggers can help manage the disease better.¹

When a patient has asthma, they can sometimes struggle to have a good night’s sleep because asthma attacks can occur late at night and can manifest as incessant coughing, which can lead to pain and insomnia. Depending on the severity and how ubiquitous the asthma triggers are, patients would have to keep their medications close at all times.

¹ Learn How to Control Asthma. Centers for Disease Control and Prevention. <https://www.cdc.gov/asthma/faqs.htm>. Published 1 July 2021. Accessed 3 August 2021.

² Asthma. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/asthma/symptoms-causes/syc-20369653>. Published 11 August 2020. Accessed 6 August 2021.

The changes in seasons, weather, and humidity also affect patients' daily lives. For example, September might be a really bad time for patients with allergies and asthma since it is the most humid month.³ When there is too much humidity in the air, it can be hard to breathe even for normal people because the air is heavier. For those with asthma, it could lead to a severe asthma attack that could warrant a trip to the hospital since humid air makes for a good conductor of allergens such as pollen, dust mites, and other pollutants that aggravate their preexisting issues.^{4,5}

While there could be a lot of things that cause asthma, its symptoms could be managed. The first thing to do, of course, is to avoid your asthma triggers. Next, consult a doctor because not everyone with asthma takes the same medication. Take your medicine as prescribed by your doctor. There are quick-relief medications that act to relieve constriction and cause bronchodilation of the airways and are designed to work within the next 10 to 15 minutes. Long-term control medications are those that asthma patients take on a daily basis. These medications work to reduce airway inflammation and mucus production. Take note, however, that not everyone with asthma requires long-term medication.⁶

Having asthma does not have to hinder you from living your best life. As long as you know your asthma triggers and take your medications, it can be managed well. People with asthma can lead healthy lives without the disease interfering with their everyday normal activities.

This does not substitute the advice of your HCP.

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³Average Humidity In Manila (Luzon). Weather & Climate. <https://weather-and-climate.com/average-monthly-Humidity-perc,Manila,Philippines>. Accessed 16 August 2021.

⁴Common Asthma Triggers. Centers for Disease Control and Prevention. <https://www.cdc.gov/asthma/triggers.html>. Published August 21, 2020. Accessed August 6, 2021.

⁵Living with Asthma. Respiratory Health Association. <https://resphealth.org/healthy-lungs/asthma/living-with-asthma/>. Published May 3, 2021. Accessed August 6, 2021.

⁶Asthma Treatment: Control Your Symptoms With 3 Simple Steps. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/asthma/in-depth/asthma-treatment/art-20044284>. Published September 16, 2021. Accessed January 5, 2022.