



## Asthma in children

Asthma is one of the most common chronic diseases among children. Symptoms appear in most cases before the age of five, so the mother begins to notice the child's wheezing, or his continuous cough at certain times. Asthma affects the child's life to some extent, as it prevents him from going to school or his inability to play and run, but the good thing is that asthma can be controlled when the right treatment is adhered to.





## Symptoms:

- Cough
- Wheezing, a high-pitched, whistle-like sound when exhaling
- Trouble breathing or shortness of breath
- A tight, uncomfortable feeling in the chest
- Short periods of coughing and wheezing between periods of time with no symptoms
- Frequent or chronic symptoms with episodes of worse wheezing and coughing
- Feeling weak or tired

## Causes:

Having a family member suffering from asthma.

The child stays next to a smoker constantly.

Child's sensitivity to some types of food.

Child suffering from eczema.

The presence of other respiratory problems such as persistent sinusitis.





Baby weight gain.

Having the child near a polluted environment.

**Risk factors:**

- Exposure to tobacco smoke, including before birth
- Previous allergic reactions, including skin reactions, food allergies or hay fever (allergic rhinitis)
- A family history of asthma or allergies
- Living in an area with high pollution
- Obesity

**When you should see a doctor:**

- Coughing that is constant, is intermittent or seems linked to physical activity
- Wheezing or whistling sounds when your child breathes out
- Shortness of breath or rapid breathing
- Complaints of chest tightness
- Repeated episodes of suspected bronchitis or pneumonia





## **Treatment:**

Based on your child's history and how severe their asthma is, their doctor will develop a care plan, called an asthma action plan. This describes when and how your child should use asthma medications, what to do when asthma gets worse, and when to seek emergency care. Make sure you understand this plan, and ask your child's doctor any questions you may have.

