



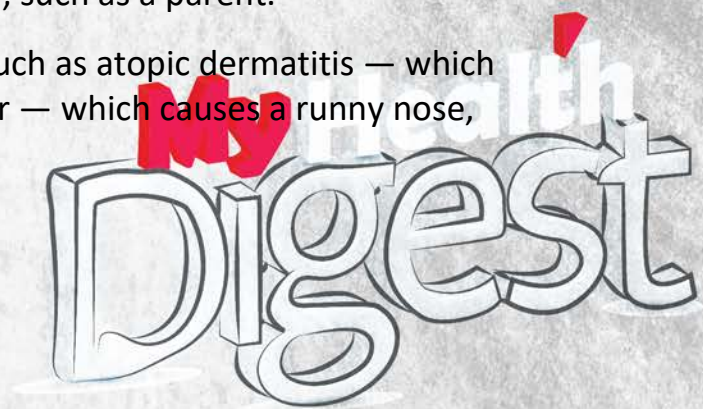
Asthma:

Asthma is a medical condition in which the airways narrow and swell and may produce extra mucus. This can make breathing difficult and causes coughing, a whistling sound (wheezing) when you breathe out and shortness of breath.

Risk Factors:

Some factors are thought to increase your chances of developing asthma. And they are:

- Having a blood relative with asthma, such as a parent.
- Having another allergic condition, such as atopic dermatitis — which causes red, itchy skin — or hay fever — which causes a runny nose, congestion and itchy eyes
- Being overweight



- Being a smoker
- Exposure to secondhand smoke
- Exposure to exhaust fumes or other types of pollution
- Exposure to occupational triggers, such as chemicals used in farming, hairdressing and manufacturing

Symptoms:

Asthma symptoms include:

- Shortness of breath
- Chest tightness or pain
- Trouble sleeping caused by shortness of breath, coughing or wheezing
- Coughing or wheezing attacks that are worsened by a respiratory virus, such as a cold or the flu
- Wheezing when exhaling, which is a common sign of asthma in children

Treatment:

Asthma patients have a role to play in controlling the disease, by following these tips:



- Avoid triggers of internal and external allergy.
- Cooperate with the doctor, and follow a comprehensive therapeutic plan, including medications, basic tests and examinations, as well as scheduled appointments for follow-up.
- Don't buy medications from the pharmacy by yourself, without consulting your doctor.
- Don't use the medications prescribed for others.
- Pay attention to public health, fitness, health food and exercise.
- Quit smoking, and avoid being close to smokers, as well as the triggers of asthma.
- Take the seasonal influenza vaccine, to curb the possibility of being infected by influenza.

