

Medical Report

Patient Information

Name: Rushil

Age:1

Predicted Disease

Bronchial Asthma

Description

Bronchial Asthma is a respiratory condition characterized by inflammation of the airways.

Precautions

switch to loose cloothing, take deep breaths, get away from trigger, seek help

Medications

Bronchodilators', 'Inhaled corticosteroids', 'Leukotriene modifiers', 'Mast cell stabilizers',
'Anticholinergics'

Diet

Anti-Inflammatory Diet', 'Omega-3-rich foods', 'Fruits and vegetables', 'Whole grains', 'Lean proteins'

Workout

Include anti-inflammatory foods, Consume omega-3 fatty acids, Limit sodium intake, Stay hydrated,
Include antioxidant-rich foods, Avoid sulfite-containing foods, Limit processed foods, Consume
magnesium-rich foods, Consult a healthcare professional, Avoid trigger foods

Personalized Advice

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1. **Improve your sleep quality:** Aim for 7-9 hours of quality sleep each night to reduce fatigue. Consider establishing a regular sleep-wake cycle and creating a relaxing bedtime routine.
2. **Manage your activity level:** While staying active is important, it's crucial to avoid overexertion. Listen to your body and rest when needed. Gradually increase your activity level as tolerated.
3. **Monitor your symptoms:** Track your cough and breathlessness closely. If they worsen or persist, seek medical attention promptly.
4. **Consider using an over-the-counter inhaler:** If your symptoms are mild, using an over-the-counter inhaler may provide temporary relief. However, it's important to consult a doctor for proper diagnosis and treatment.
5. **Seek professional medical help:** Given the severity of your symptoms and the positive answers to disease-specific questions, it's highly recommended that you schedule an appointment with a healthcare professional as soon as possible.