

ASTHMA sa Pilipinas

OUTLINE OF DISCUSSION

Extent of Asthma

What is Asthma

Signs and Symptoms

Diagnosis of Asthma

Treatment for Asthma

Preventive Measures

FAQs

Ilan ang Asthmatic sa Mundo?

300 Million

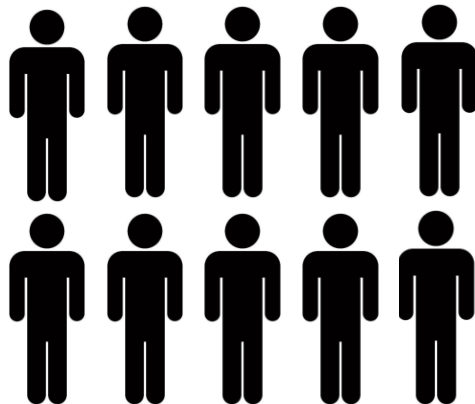
**250,000
deaths/year**



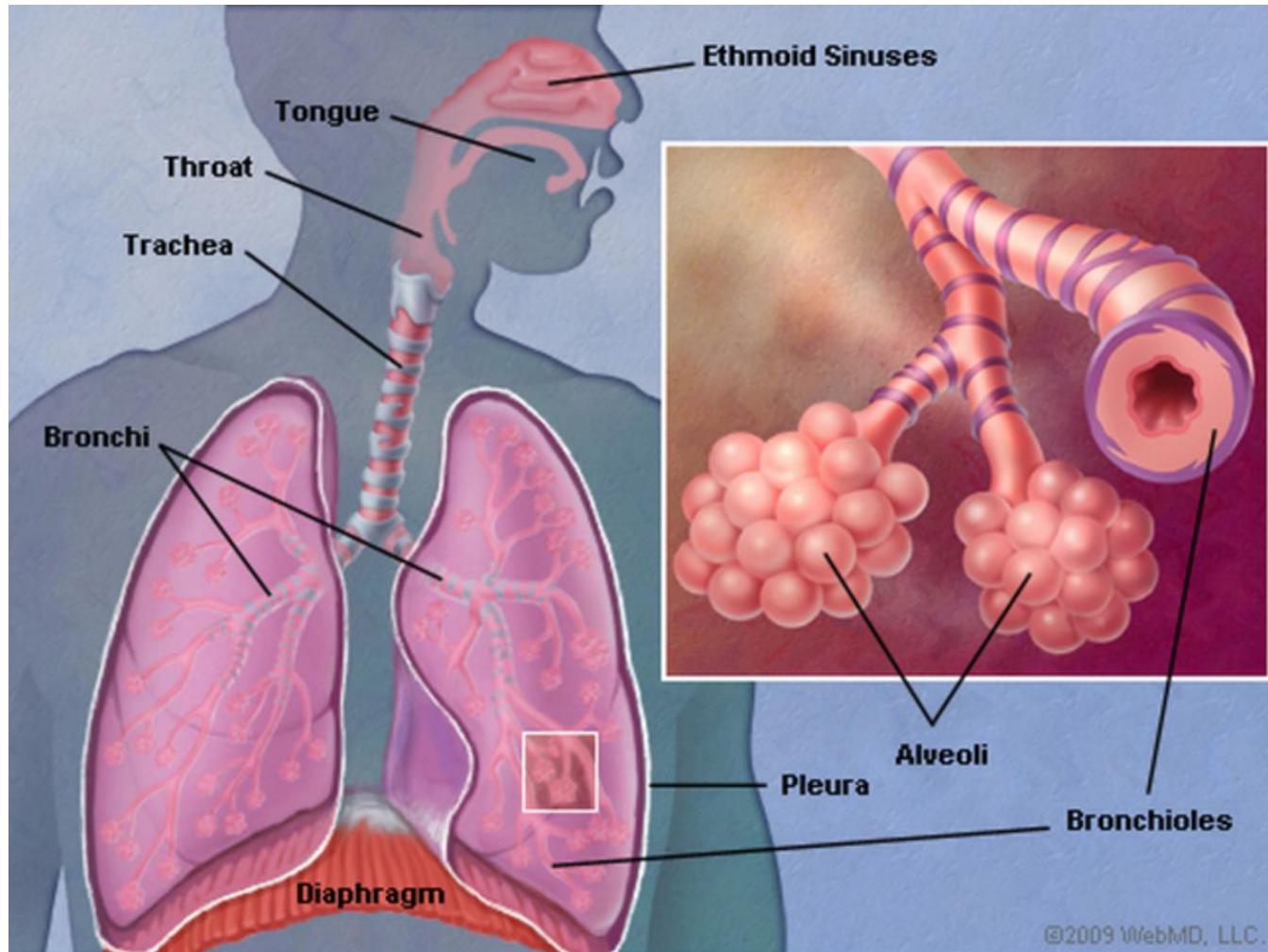
Ilan ang Asthmatic sa Pilipinas?

Prevalence sa Pinas: 8.7%

1 : 11



Ang Baga ay Mahalagang bahagi ng katawan!!!

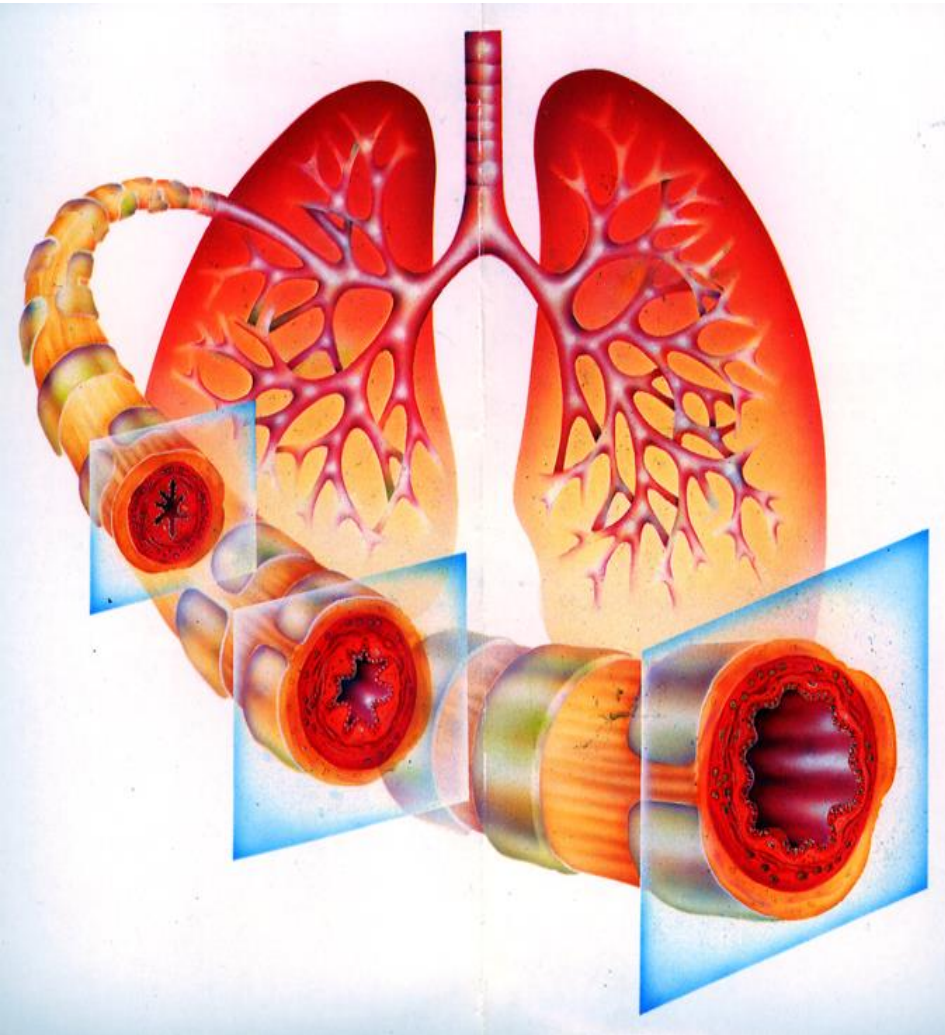


Function of the Lungs :

- To provide **OXYGEN** to the blood & body
- To remove **CARBON DIOXIDE** from body

What is Asthma?

“A chronic inflammatory condition which affects the size and shape of the airways causing breathing difficulties”



NORMAL

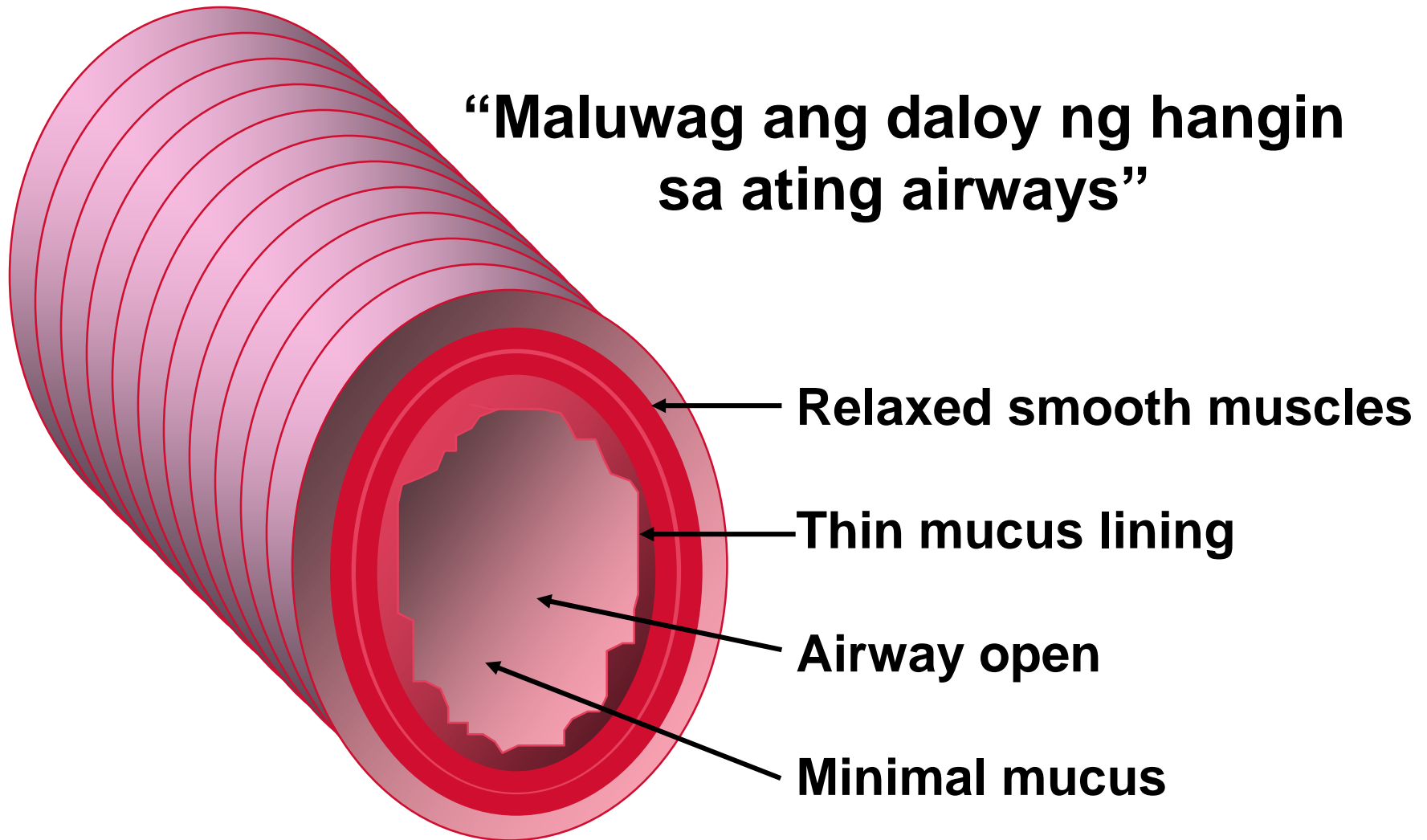


ASTHMA

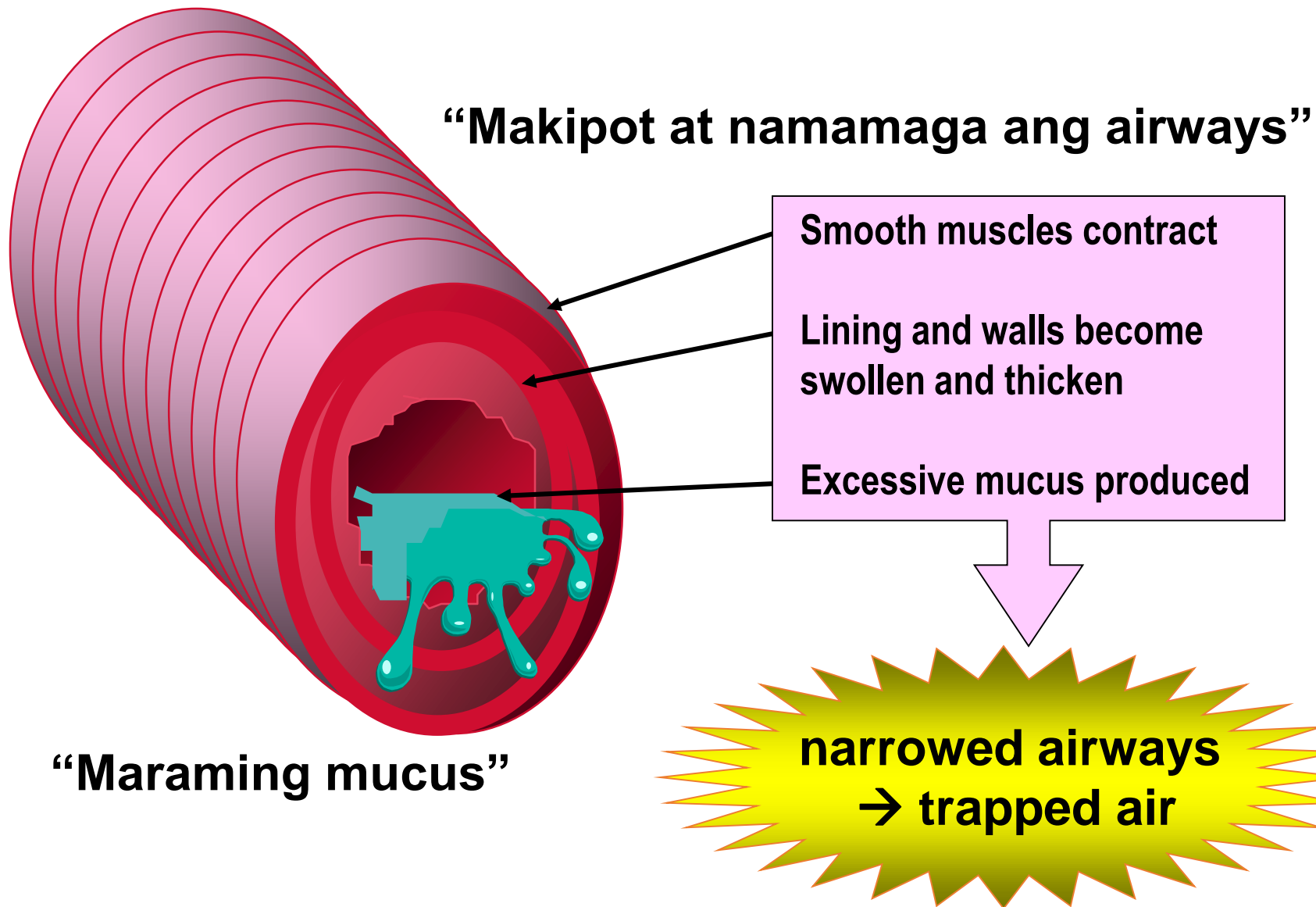


**ASTHMA
ATTACK**

Normal Airway



Asthmatic Airway in an attack



Symptoms



**Difficulty of
Breathing**



Coughing



Wheezing



**Chest
Tightness**

Diagnosis of Asthma



Doctor Consult



Spirometry



Peak flow

Treatment for Asthma



**Take Medications ALWAYS With
Doctor's Advice !!!**

RELIEVERS	CONTROLLERS
<p>1. Short-acting β_2-agonists</p> <p>Asthavent[®] MDI / DP-Haler[®] / Revolizer[®] (Salbutamol)</p> <p>Berotec[®] MDI (Fenoterol)</p> <p>Venteze[®] MDI (Salbutamol)</p> <p>Ventolin[®] MDI / Accuhaler[®] (Salbutamol)</p> <p>2. Anticholinergics</p> <p>Atrovent[®] MDI (Ipratropium Bromide)</p> <p>Ipvent-40[®] MDI (Ipratropium Bromide)</p> <p>Spiriva Handihaler[®] (Tiotropium)</p>	<p>Long-acting β_2-agonists</p> <p>Foratec DP-Haler[®] / Revolizer[®] (Formoterol)</p> <p>Oxis Turbuhaler[®] (Formoterol)</p> <p>Serevent[®] MDI / Accuhaler[®] (Salmeterol)</p> <p>COMBINATIONS</p> <p>DP-Haler[®] / Revolizer[®] (Budesonide + Formoterol)</p> <p>Seretide[®] MDI / Accuhaler[®] (Fluticasone + Salmeterol)</p> <p>Symbicord Turbuhaler[®] (Budesonide + Formoterol)</p>

Preventive Measures



Regular Check ups sa duktur. Stop Smoking!
Gamitin ang mga gamot na pinayo ng duktur.

Umiwas sa mga Asthma Triggers !!!



Smoke



Strong emotions



Funny pets



Colds



Exercise



Pollen



Changes in the weather



Cockroaches



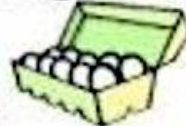
Mold & mildew



Cold weather



Food allergies



Dust



Strong smells

FAQs

1. What Are the Side Effects of my Bronchodilator Medicine?

- Possible Side effects of bronchodilators are:
 - Rapid heartbeat
 - Slight headache
 - Nervousness
 - Tremor
- Bronchodilator medicines are **NOT** addictive !

FAQs

2. How Can I Discover my Allergies?

- If you suspect that you may have allergies as a trigger for your asthma, consult your doctor and ask if skin testing or any other procedures needed to properly identify your allergies.

FAQs

3. How Can I Prevent an Asthma Attack?

- Minimize asthma triggers
- Take your asthma medicine
- Quit smoking
- Get annual flu shots

FAQs

4. Can Asthma Drugs Affect my Baby if I'm Pregnant?

- It is normal for mothers-to-be to feel uneasy taking medications while pregnant.
- However, if a pregnant woman has asthma, it is especially important that her asthma is well controlled not only for her own health but also for the health and development of her unborn child.
- If you are pregnant or thinking of becoming pregnant, discuss your asthma with your doctor so your airways can be stabilized and appropriate medications prescribed.
- The risks of uncontrolled asthma in pregnancy are greater than the risks of necessary prescribed asthma drugs.

FAQs

5. How Can I Prevent Asthma Symptoms After Exercise?

- You shouldn't avoid exercise because of exercise-induced asthma. Inhaled medication taken prior to exercise can usually help control and prevent exercise-induced asthma symptoms. The preferred medications are short-acting beta 2-agonists such as salbutamol.
- In addition to taking asthma medicine, warming up prior to exercising may help prevent an attack.
- For those with known allergies, outside exercise should be limited during high pollen days.
- Outside exercise should also be limited when temperatures are very low or air pollution levels are high.
- The presence of viral infections, such as colds, can also increase symptoms, so it's best to restrict your exercise when you're sick.

FAQs

6. I'm Exposed to Substances at Work That Worsen my Asthma. What Can I Do to Prevent This?

- Generally, if asthma symptoms are worse on days that you work, and improve when you are at home for any length of time (weekends, vacations) and then reoccur when you return to work, occupational asthma should be considered. This may be allergy related or an irritant reaction from exposure to triggers in the workplace. Identification and avoidance of triggers and starting an appropriate medical treatment plan will help to stabilize your airways and decrease symptoms. Ask your doctor to refer you to a specialist, preferably an allergist, to begin the correct treatment program.

FAQs

7. I Have Heartburn; Can It Worsen Asthma?

- Heartburn is often a sign of a disease called GERD(gastroesophageal reflux disease). Although studies have shown a relationship between asthma and GERD, the exact relationship is uncertain. GERD may worsen asthma symptoms and make asthma harder to treat. If you have coughing that is not completely resolved by taking your asthma medications, then inform your doctor. GERD can be one of the reasons this is happening.

FAQs

8. What Do I Do If I Have an Asthma Attack?

- An asthma attack is a sudden worsening of asthma symptoms caused by the tightening of muscles around your airways (bronchospasm).
- If you are experiencing an asthma attack, follow the "Red Zone" or emergency instructions in your asthma action plan immediately.
- If you have trouble breathing, walking or talking, or you have blue lips or fingernails, ask someone to bring you to nearest ER.