



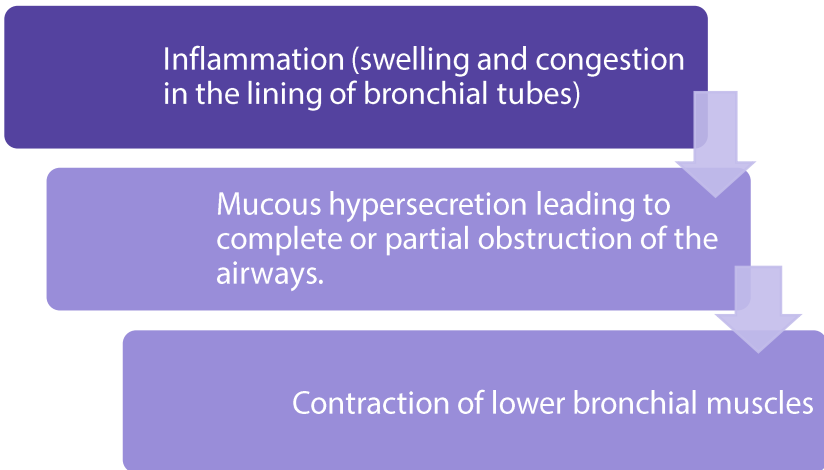
مدينة الملك فهد الطبية
King Fahad Medical City



Asthma

What is asthma?

Asthma or chest allergy is a chronic disease that affects the airways after exposure to certain triggers and stimuli, which leads to:



These stages lead to obstruction of air flow to the lungs, causing the patient to feel difficulty in breathing accompanied by coughing and wheezing and a feeling of suffocation.

What are the causes of asthma?

There are no specific causes of asthma, but there are some factors that increase the likelihood of developing it:

Allergy genetic factors

Having a family history of allergies in general, whether it is a chest, nose or skin allergy, which increases the risk of developing asthma.

External Factors:

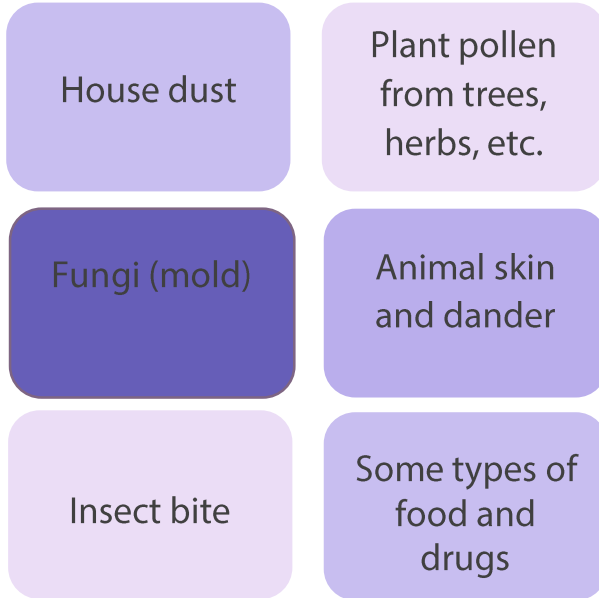
There are two types of external factors:

A. Triggers

B. Stimuli

A. Triggers

They affect people who are susceptible to allergies



because their immune system produces antibodies as a result of exposure to these triggers. The triggers can be identified by injecting the allergen into the skin. If the patient is allergic to the injected substance, there will be swelling and redness in the injected area. Examples of triggers are:

B. Stimuli

It does not cause production of antibodies, but rather irritates the airways leading to an asthma attack.

Cigarette and hookah smoke



Cold and influenza



Cold air currents or exposure to high humidity



Strong odors



Strong emotional outbursts



Certain chemicals



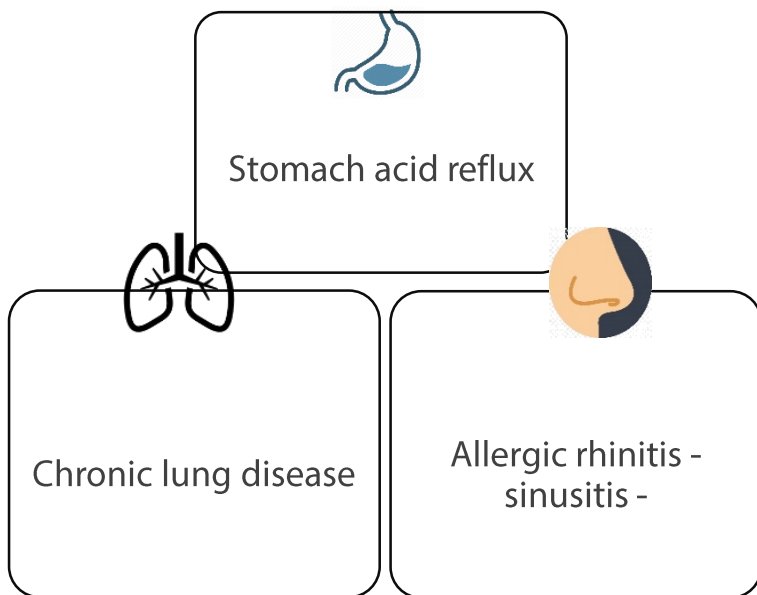
Exercise



These stimuli can be identified by observation only and they differ from one person to another, but the most common stimuli are:

The presence of certain stimuli, for example

There are cases in which the treatment of asthma is more difficult with the presence of some triggers, which must be eliminated to facilitate the control of asthma, such as:



What are the symptoms of an asthma attack?

Shortness of breath



Persistent cough, especially during the night or early morning



Chest wheezing accompanied by pain and pressure in the chest



Excess mucus and phlegm production



The severity of symptoms varies from patient to another or from an episode to another in the same patient.

What is the method of diagnosing asthma?



Testing lung efficiency by measuring the amount of air expelled from the lungs

Chest X-rays

Clinical examination by the physician

Skin or blood allergy tests

Measuring air velocity during exhalation

what is the treatment?

There is no definitive treatment, but the symptoms of asthma attacks can be controlled with medical drugs and by avoiding the triggers.

Why is early treatment of asthma important?

Asthma treatment is not only to alleviate the symptoms of an asthma attack when it occurs, but it goes beyond that to:



Avoid being taken to the emergency department, ambulance, or hospitalization



Reduce the frequent need to use a bronchodilator (Ventolin).



Reduce the need to use cortisone pills



Avoid physical and psychological complications of asthma

What are the treatments used for asthma?

Asthma preventers (anti-inflammatory drugs):

Cortisone sprays, which are a main treatment as they reduce inflammation (congestion) and airway secretions, leading to:

Making airways less susceptible to irritants and thus the chronic symptoms gradually disappear

Preventing or alleviating asthma attacks

Improving lung functions

The period of treatment varies from one patient to another and it is not recommended to stop treatment without consulting the doctor.



The side effects of the spray are limited. They include hoarseness and some fungal infections in the mouth that can be avoided by washing the mouth well and gargling after the spray.



Bronchodilators:

Such as Ventolin. These are analgesic drugs with immediate effect that reduces the symptoms of an asthma attack and help the muscles and airways to relax to facilitate the inhalation and exhalation processes. They also help to expel the mucus that blocks the airways, and as a result relieve wheezing, coughing and short breathing and improve breathing.



Its effect extends to 4 hours, and it is recommended that the patient carry them wherever he goes to use when needed.



Bronchodilators side effects include: Heart palpitations with a slight tremor of the extremities, which don't last long and usually go away immediately.

Combination Preventers

Like Seretide and Symbicort, they are an anti-inflammatory with a bronchodilator in the same drug. Its main action is to reduce bronchial inflammation and widen airways at the same time.

Leukotriene receptor antagonists:

The stimuli trigger production of a chemical substance called (leukotrienes) in the airways. This substance cause inflammation that leads to contraction of the bronchial muscles. This medication prevents the release of leukotrienes, which to protect the airways.

Forms of leukotriene receptors:



Pills for adults.



Powder added to food for children from 6 months and above.



What is the future of the asthma patient?

The asthmatic can lead his life normally by following the medical instructions.

In the period of puberty, there are cases that improve greatly with continued treatment and follow-up, but some cases do not change or worsen.

General tips to avoid an asthma attack:

Stay away from respiratory irritants and allergens

Use the prescribed medication regularly and not to use any medication without medical direction.

Do not smoke or be exposed to smoke or air pollutants



Avoid exposure to strong odors, especially chemicals used in detergents and insecticides

Take Influenza vaccination every year before winter



Avoid exposure to cold currents and stay away from people with cold.



Remove carpets from bedrooms, use covers for pillows, blankets and sleeping mats, reducing humidity in the house, and clean the air conditioners

Do not abuse bronchodilators, and visit the nearest medical center when you do not respond to them

Use bronchodilator before exercising and avoid intense physical activity.

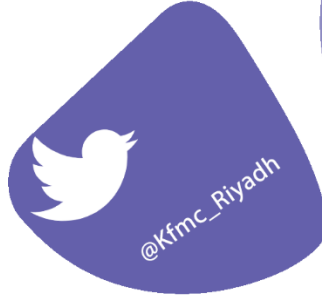


It is recommended to play appropriate games such as swimming and running because they improve the breathing muscles.

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إدارة التثقيف الصحي

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Department



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