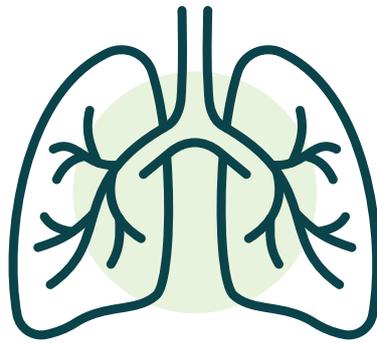


Asthma guideline

May 2023



Brief



This guide provides important information about asthma, its symptoms, causes and triggers, and the best way to deal with the disease to avoid its negative complications.

General information about Asthma



What is Asthma?

Asthma is one of the respiratory diseases that causes the airways to narrow and swell and produce extra mucus.

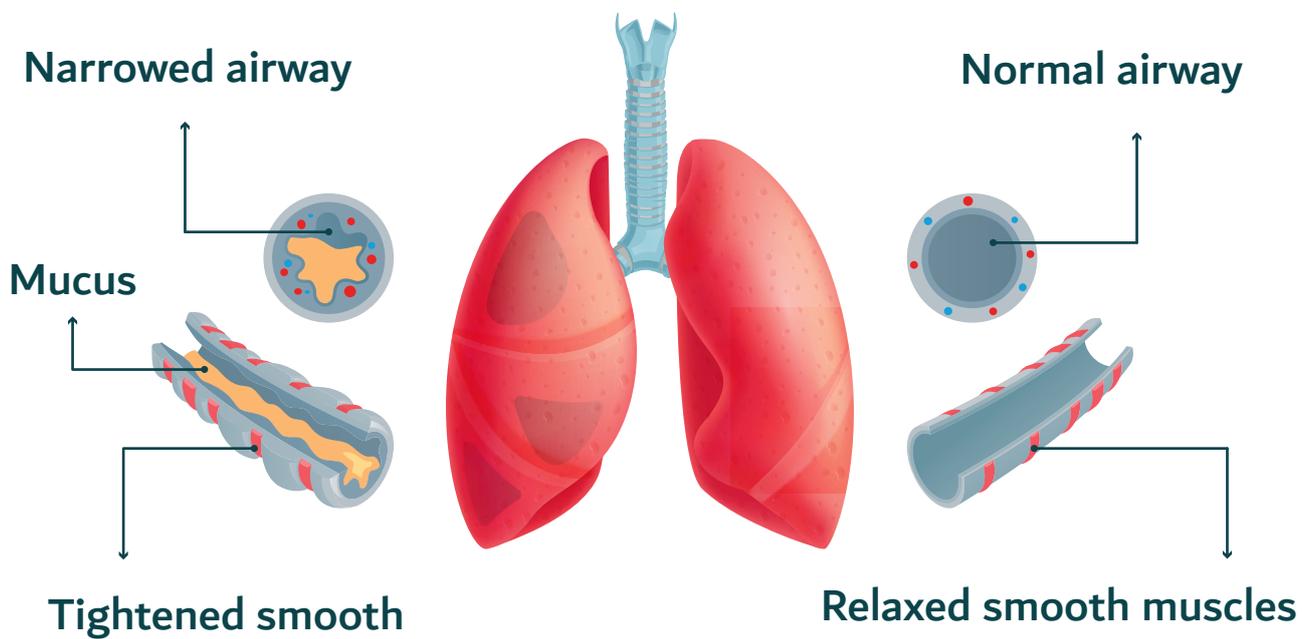
Asthma

1. It is not related to a specific age, and it can affect humans at any age.
2. It is not a childhood disease; it can be overcome as the child gets older.
3. It is a non-contagious disease.
4. Viral infections can cause asthma.
5. You can exercise normally if you control your asthma attacks well.
6. Most of the time, asthma can be controlled with a simple dose of cortisone.

The difference between the bronchi of an asthmatic and a non-asthmatic patient

Asthma

Healthy Lungs



Symptoms and triggers

Asthma Symptoms



Allergies



Common cold



Frequent coughing



Sleep disturbances



Wheezing



Shortness of breath



Chest pain

Symptoms and triggers

Asthma causes and triggers



- **Dust**
- **Pets**
- **Pollution**
- **Smoking**
- **Household chemicals**
- **Genetic predisposition**
- **Respiratory infections**
- **Physical activity**

Control and manage Asthma

5 Tips for a better Asthma control



1

Follow the treatment plan, and take medications as prescribed by the doctor.



2

Identify and avoid triggers of asthma attacks.



3

Get vaccinated for influenza and pneumonia.



4

Monitor breathing and identify the first warning signs of an asthma attack.



5

Treat asthma attacks early and consult a doctor if asthma attacks are frequent, in order to modify your treatment plan.

Advice to control Asthma during unstable weather conditions

1

Always carry your inhaler in case of an emergency.

⋮

2

Take your medication on time even if you feel fine.

⋮

3

Promptly head to your nearest primary healthcare centre in case of a severe asthmatic attack.