

ASTHMA 101 - THE BASICS

I. What is asthma?

Sensitive bronchial tubes that react easily.

II. What causes asthma?

Nobody knows, but it is often partly inherited from parents or other relatives.

III. What happens during asthma?

A. To the bronchial tubes?

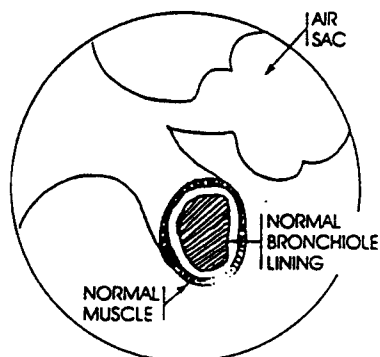
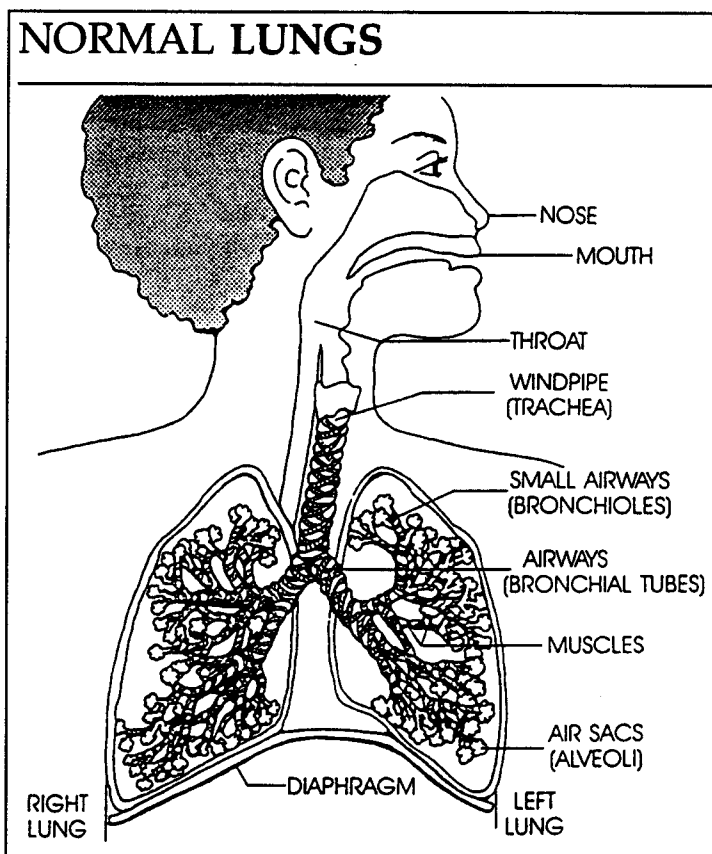
1. They swell *get "puffy"*
2. They restrict *tight muscle*
3. They make mucus
(see below)

B. To the lungs?

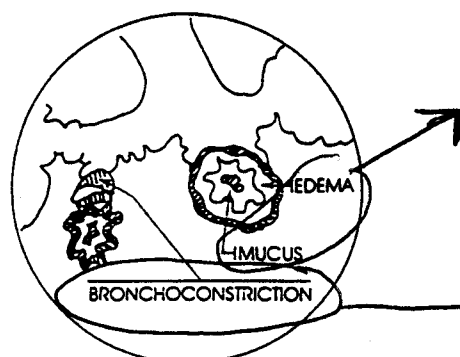
Air is trapped making it hard to get more air in.

C. To the child?

1. Cough (early)
2. Fast breathing
3. Wheeze
4. Retractions (late)
(Skin is sucked in between the ribs while breathing in)



NORMAL INTERIOR OF BRONCHIOLE



INTERIOR OF BRONCHIOLE DURING AN ASTHMA ATTACK

QVAR fixes this!
(use DAILY per plan)

ALBUTEROL fixes this!
(use AS NEEDED every 4-6 hrs)

(continued on back)

IV. What are the Common Triggers of Asthma?

1. *Viral Respiratory Infections* (colds)



2. *Exercise* (especially sustained running – more than 5 minutes)



3. *Night time* – most asthma is worse at 4 a.m. and best at 4 p.m.



4. *Weather* – cold air and weather changes (changes in temperature or humidity)



5. *Smoke* – other people's cigarette smoke or from fires or woodburning stoves



6. *Allergies* – to dust, pollens, or animals for instance. Less commonly food allergies can cause asthma.



7. *Emotions* – we now know that emotions don't cause asthma, but in susceptible people they can trigger it.



8. *Irritating Fumes or Chemicals* – paints, perfumes, detergents or anything with a strong odor can trigger asthma



9. *Sinus Infections* – often unrecognized!