

Title:

10 Paths to Conquer Asthma

Word Count:

386

Summary:

Asthma is a condition where due to certain stimuli a person experiences narrowing of air passages.

Keywords:

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Article Body:

Asthma is a condition where due to certain stimuli a person experiences narrowing of air passages.

Treatments include:

1. Preventive action where you avoid situations that triggers off symptoms.
2. Practice meditation and breathing exercises to strengthen the air passages and lungs.
3. Exercise regularly to keep fit and to strengthen your heart as well as lungs.
4. Use air conditioning this will reduce your exposure to air born pollen and other triggers.
5. Keep your environment free of dust mites, pet dander, fur and feathers by regularly vacuuming.
6. Use inhalers which are of three types: aerosol inhalers; breath-actuated inhalers; and dry powder inhalers.
7. Drugs like short acting beta agonist namely salbutamol and terbutaline are first prescribed.
8. Combination therapies where a steroid along with long acting medication are prescribed.
9. Use of special equipments like a peak flow meter which will warn you of an impending attack.
10. Allergen Immunotherapy where the patient is desensitized to asthma causing allergens like pollen.

Research indicates that the best option for patients is to maintain a diary and record when an attack occurs.

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