

Title:

5 Warning Signs That Could Keep You Out of ER

Word Count:

530

Summary:

Many people knowingly experience asthma for the first time when they are rushed to the emergency room.

Keywords:

asthma, signs of asthma, wheezing, Kane

Article Body:

Many people knowingly experience asthma for the first time when they are rushed to the emergency room.

If you suspect you have adult or late-onset asthma a final diagnosis should be left to a qualified doctor.

Many adults who develop asthma will have experienced chest problems as a child. They may have had asthma as a child.

Although asthma does seem to run in families because there is a genetic component to the condition.

If you have more than two of the following symptoms it is probable that you are suffering from asthma.

1. Do you correctly use your diaphragm to breathe, or do you lift your shoulders and chest when you breathe?
2. Can you complete long sentences without becoming short of breath?
3. Do you wheeze? This could be a sign that mucus has built up in your airways.
4. Do you have a rapid pulse? This could be due to lack of oxygen in your bloodstream.
5. Are your chest, back or stomach muscles painful? This could be a sign of the strain brought on by asthma.

If you do have asthma it is likely that it is triggered by something. The most common asthma triggers are allergens.

There are many other triggers. In women, hormones can trigger a susceptibility to asthma. Some women experience asthma during pregnancy.

Many cases of adult asthma are triggered by viral infections that affect the respiratory system.

So what is the next step if you suspect you have asthma? You need to visit your doctor, and you need to know what to expect.

Think about your home and your place of work. Do these have any triggers that may be starting your asthma?

Give some thought to your medical history and whether any relatives have suffered from asthma, and whether you have any allergies.

With this information and some simple breathing tests your doctor should be able to tell you whether you have asthma.

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