

Title:

7 Steps To Control Childhood Asthma

Word Count:

1053

Summary:

Asthma is the most common chronic childhood disease. This article gives 7 clear steps that can

Keywords:

asthma, childhood asthma, child asthma, Kane

Article Body:

Asthma is the most common chronic (long-term) childhood disease. In America about nine million

If you suspect your child has asthma the first priority is correct diagnosis. However, be aware

About eighty per cent of children who develop asthma do so before the age of five. Studies show

Another factor that has been linked to the development of asthma in children is exposure to sm

If your doctor recommends the use of medication the next step is to encourage your child to ta

Perhaps fear of side effects or dependency, or an impression that it is uncool to be seen taki

The fact that the condition seems to run in families with a history of asthma or allergies sug

It is known that children are more susceptible to viral and allergic triggers than adults. An

Children tend to spend more time outside during the summer vacation. If pollen or high levels

If your child is going away to camp during the vacation make sure those in charge are aware of

It is essential to have a written action plan that clearly states what medication to take and

It is important you and your child remain calm during an attack as panic can produce more brea

If asthma is diagnosed your next step is to inform your child's school. Every school should al

Whilst we're talking about schools here's one often overlooked childhood asthma trigger. Schoo

Remember, if asthma is confirmed you need to educate yourself. According to the experts knowle

Despite being a widespread disease there are still plenty of myths about asthma. One of the mo

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