

Title:

Asthma Discussed

Word Count:

742

Summary:

- 1 out of every 7 children is affected by asthma.
- It is the second major reason for the hospitalization of the children up to age 9.
- Asthma has affected 1 out of every 12 adults.
- The death rate due to it is constantly rising in America, Africa and Latin countries.
- It has become one of the major reasons of absenteeism from school in the US.
- It leads to 2 million emergency room visits and amounts up to 5,000 deaths every year in the

Asthma is...

Keywords:

asthma

Article Body:

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Asthma is a chronic disease, which directly affects your airways. The airways are the tubes ca

During an asthma attack, the airway gets inflamed and restricts the airflow to the lungs. It d

Asthma, if not treated and controlled, can cost you your life.

It is widely known disease, effecting millions of people, still there is no concrete evidence

Allergens

Dust

Pollen

Mold

Cockroaches

Dust mites

Animal dander

Irritants

Tobacco smoke

Air pollution

Strong odor

Laughing

Crying

Others

Workplace chemicals

Common cold

Infections

Exertion

Respiratory infection

Flu

It is important for you to identify what triggers an asthma attack for you. It would help you

Like other diseases, asthma also presents symptoms that characterize its early, advancing and

The first stage -- Early warning signs of Asthma

If you are in the early stages of an asthmatic event, you might experience some common symptoms

- *Frequent coughing during sleep in the night.
- *Experiencing wheezing or coughing after exercising.
- *Shortness of breath.
- *Extreme exhaustion following exercise.
- *Feeling tired and upset all the time.
- *Experiencing a running nose, sore throat, headaches and sneezing frequently.

If you experience any of the above symptoms, you should immediately get yourself checked for a

The second stage - Advancement and worsening of Asthma

If you are not able to identify the initial symptoms of asthma, or if you ignore those symptoms

- *Regular and undying cough.
 - *Frequent wheezing.
 - *Declined response to medications.
 - *Shortness of breath.
 - *Experiencing regular tightness in the chest.
- Asthma should be diagnosed immediately upon countering these symptoms or it could further adva

The final stage and its symptoms

When asthma enters into its last stage it starts affecting you severely. It makes life difficu

- *Rapid breathing.
- *Undying chest pain and pressure.
- *Non-stop coughing.
- *Sweaty and dull face.
- *Blue fingernails and lips.
- *Hampered talking.
- *Retraction of neck and chest muscles.
- *Frequent gasping for breath.
- *Severe wheezing.

Asthma can only be controlled, not cured. So you must abide by proper medication and medical i

You should visit your doctor immediately if you are concerned you may be suffering with asthma

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