Title:
Asthma ˘ A Respiratory Disorder

Word Count:
470

Summary:
Asthma is a respiratory disorder characterized by frequent wheezing, labored breathing, sense

This disord...

Keywords:
asthma,allergies

Article Body:
Asthma is a respiratory disorder characterized by frequent wheezing, labored breathing, sense

This disorder is a chronic inflammatory condition in which the airways develop increased respo

Diagnosis of asthma

If you are suffering from any of these symptoms you should visit the physician for proper diag

However diagnosis of asthma involves the following factors:

§In children it begins with developed breathing problems, history of nasal stiffness [rhinitis
§For adults it involves listening to the lungs with stethoscope and examination of nasal passa
§Blood tests and sputum studies are also great ways to diagnosis for asthma.
§Spirometry is breathing test, which measures the amount, and rate at which air can pass throu
§Exercise challenge tests and metacholine inhalation tests are also great procedures to evalua

Asthma and pregnancy

Asthmatic women can face serious problem during pregnancy. If they do not take proper care, as

Following are brief ways pregnant women can take care of their asthma:

§The expectant mother should remain active and sleeping throughout the night.
§Pregnant women with asthma should do some regular exercises under the supervision of their ph
§The pregnant mother should avoid medications like iodides, aspirin or ASA products, tetracycl

Treatments for asthma

Asthma can be treated with two types of medicines that include quick-relief medicines and long

Following are the various treatments for asthma:

§Children with moderate or severe asthma should know to use a peak flow meter to help keep ast
§Medicines are the best treatments along with inhalers. However, medicines like beta-blockers
§Regular physical activity is important to reduce asthma.

You should manage your asthma to remain fit and healthy in life.