

Title:

Asthma and Its Symptoms

Word Count:

574

Summary:

If you're wondering if you have asthma or your child has it, here is a list of asthma symptoms

Keywords:

asthma, asthma attacks, asthma symptoms

Article Body:

In his book, *Essential Allergy*, Niels Mygind defines asthma as,

"A lung disease characterised by: 1, variable and reversible airway obstruction; 2, airway inflammation"

Asthma is a disease where bronchial tubes are sensitive to irritants, which cause them to inflame.

- * contraction of muscles around the air passages,
- * swelling of the airway lining due to airway inflammation, and,
- * excessive mucus in the airways.

Asthma occurs in most western countries and is the leading chronic illness of children.

Asthma, in some cases, cannot be cured, but for most patients it can be controlled so that they can live normally.

If you have asthma, managing it is an important part of your life. Controlling your asthma means you can live a normal life.

When a person experiences a worsening of their asthma symptoms, it is called an asthma episode or attack.

Asthma attacks are not all the same-some are worse than others. In a severe asthma attack, the sufferer may have difficulty breathing.

Learning the warning signs or asthma symptoms can often alert a sufferer in time to take preventive measures.

Asthma attacks can occur over a long period of time. Although there are times when acute episodes occur, the symptoms are usually mild.

Here are some asthma symptoms:

- * Coughing. Coughing in people with asthma is often worse at night or early in the morning.
- * Wheezing. Wheezing is a whistling or squeaky sound when you breathe.
- * A tight feeling in the chest. This can feel like someone is squeezing or sitting on your chest.
- * Shortness of breath. Asthma sufferers often say they can't catch their breath, or they have to stop and rest.
- * Narrowing of the air passages in the lungs and hence increased resistance to airflow.
- * Significant reversibility with steroid drugs
- * Symptom-free periods
- * Frequent occurrence of allergy
- * Inflammation of the air passages
- * Bronchial hyper-responsiveness to non-specific stimuli such as cold air, air pollution, and strong odors.
- * Asthma symptoms brought on by exercises
- * Coughing or wheezing brought on by prolonged crying or laughing

Not all people have these symptoms, and symptoms may vary from one asthma attack to another.

Symptoms also differ in how often they occur. Some people with asthma only have symptoms once in a while.

Learn how to use natural remedies to reduce asthma attacks and to eliminate many of the asthma symptoms.

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