

Title:

Breathe Easy: Some Asthma Relief Tips

Word Count:

606

Summary:

Asthma is the seventh-ranked chronic health condition in the United States and the leading chronic respiratory disease.

During an asthma attack, tightening of the smooth muscles around the bronchial tubes causes the airways to narrow, making it difficult to breathe.

Keywords:

allergies, asthma, relief, cure, tips,

Article Body:

Asthma is the seventh-ranked chronic health condition in the United States and the leading chronic respiratory disease.

During an asthma attack, tightening of the smooth muscles around the bronchial tubes causes the airways to narrow, making it difficult to breathe.

It is currently estimated that as many as 300 million people world wide suffer from asthma, and the number is increasing.

Here are a few symptoms of asthma:

- Cough
- Chest tightness
- Shortness of breath
- Wheezing
- Triggers of asthma

And some triggers:

- Allergens
- Irritants such as tobacco smoke, strong odors
- Weather changes
- Viral or sinus infections
- Exercise

People have their own triggers. If you have asthma, you can minimize your symptoms by avoiding your triggers.

In order to help you, before you decide to go to the doctor, here are a few tips on how to prevent asthma attacks.

Caffeine and Asthma

If you feel an asthma attack coming on and don't have your inhaler handy, try a couple cups of coffee.

Controlling Your Asthma

If you find yourself using your quick-relief inhaler to stop an asthma attack more than twice a week, you may need to see your doctor.

Correct Inhaler Use

If you use an inhaler to treat your asthma, remember that it's not a breath freshener. You must use it correctly.

Dust mites

Dust mites can be especially troubling when traveling away from home, take your own pillow with you.

Homemade food

Carry self-injectable epinephrine in case you accidentally eat a food to which you are allergic

Exercising with Asthma

If your asthma is bothered by air pollution, cold or damp air, exercise indoors. A stationary

Loving your pet

Decide which areas of the house will become your exclusion zones. I recommend you never allow

It may not be possible to 100% cure your asthma, but by putting the above into practice you sh

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