

July: Asthma



Asthma is a chronic disease of the airways that makes breathing difficult. Inflammation of the air passages causes a temporary narrowing of the airways that carry oxygen to the lungs. This results in asthma symptoms, including coughing, wheezing, shortness of breath, and chest tightness.

Even though there are many treatments for asthma symptoms, asthma is still a serious, even dangerous, disease that affects more than 22 million Americans and causes nearly 2 million emergency room visits every year. With proper asthma treatment, you can live well with this condition. Yet inadequate asthma treatment limits the ability to exercise and be active. Poorly controlled asthma can lead to multiple visits to the emergency room and even hospital admission, which can affect your performance at home and work.

Asthma in Children

Asthma is increasingly common among children. Nearly one in 10 American children now have asthma, a sharp rise that still has scientists searching for a cause. An estimated 6.5 million children under age 18 are now diagnosed with the disease. The rate of childhood asthma has more than doubled since 1980, according to the CDC. Asthma symptoms can vary from episode to episode in the same child. Signs and symptoms of asthma to look for include:

- frequent coughing spells, which may occur during play, at nighttime, or while laughing
- less energy during play
- rapid breathing
- complaint of chest tightness or chest "hurting"
- whistling sound when breathing in or out
- seesaw motions in the chest from labored breathing
- shortness of breath, loss of breath
- tightened neck and chest muscles
- feelings of weakness or tiredness

(Taken from WebMD on asthma)

People who have a family history of asthma have an increased risk of developing the disease. Allergies and asthma often occur together. Smoking with asthma is a dangerous combination. However, anyone can develop asthma at any time, and adult-onset asthma happens frequently.

Included are articles on how diet and exercise can affect asthma symptoms.

[Asthma Patients](#)

[Exercise and Asthma](#)

