

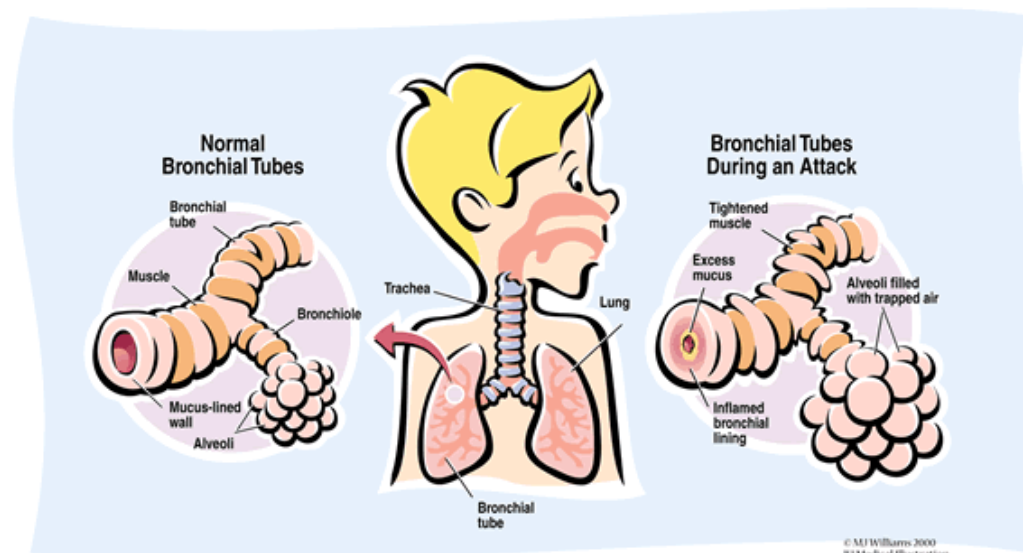
# Asthma and Me!

Courtesy of Pam  
Wright, FNP AASC

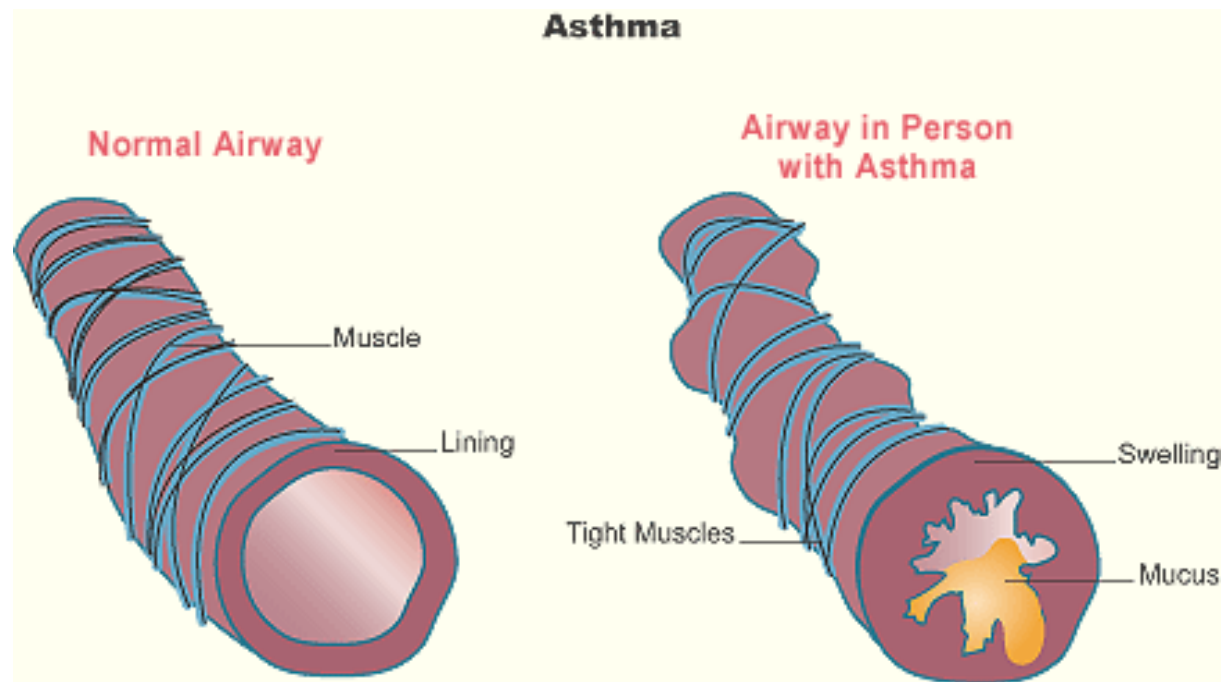


# What is Asthma?

- » Asthma is a chronic, inflammatory disorder of the airways. That means, the tubes that bring air to the lungs are constantly swollen and inflamed. This swelling makes it more difficult for air to move freely in and out.

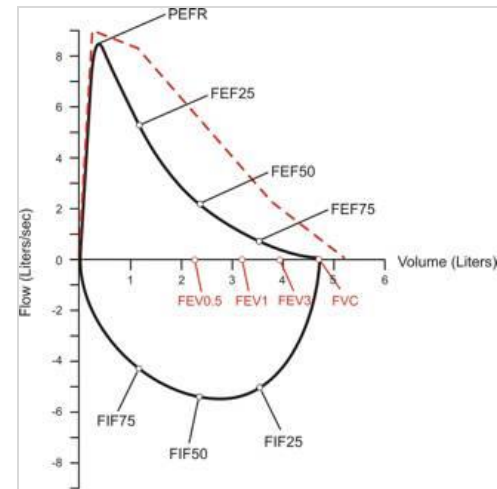


# What is asthma?



# Asthma Diagnosis

- » Asthma can be diagnosed by symptoms or more commonly, pulmonary function testing (lung testing).
- » PFT's are used to measure the amount of air movement in the lungs.
- » The test is like blowing out candles on a birthday cake.



# What is an Asthma Attack?

- » An asthma attack happens when a person's airways get swollen and narrow. It becomes a lot harder for air to get in and out of the lungs. Sometimes the swollen airways produce extra mucus, which makes things pretty sticky, so it's easy to see why it's hard to breathe.

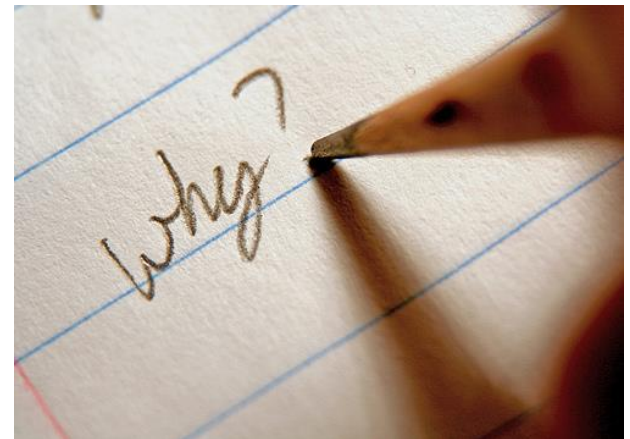
# What can cause my Asthma Attack?

- » Allergies
- » Substances such as perfume, chalk dust and cigarette smoke.
  - + Smoking is always a bad idea around someone who has asthma.
- » Exercise
- » Infection- Making your airways more sensitive than usual
- » Chemicals



# Why do I have Asthma?

- » Asthma affects 1 to 2 kids out of 10
- » Asthma can start at any age but is most common in school age children
- » Asthma runs in families
- » Asthma is not contagious but can sound like a cold



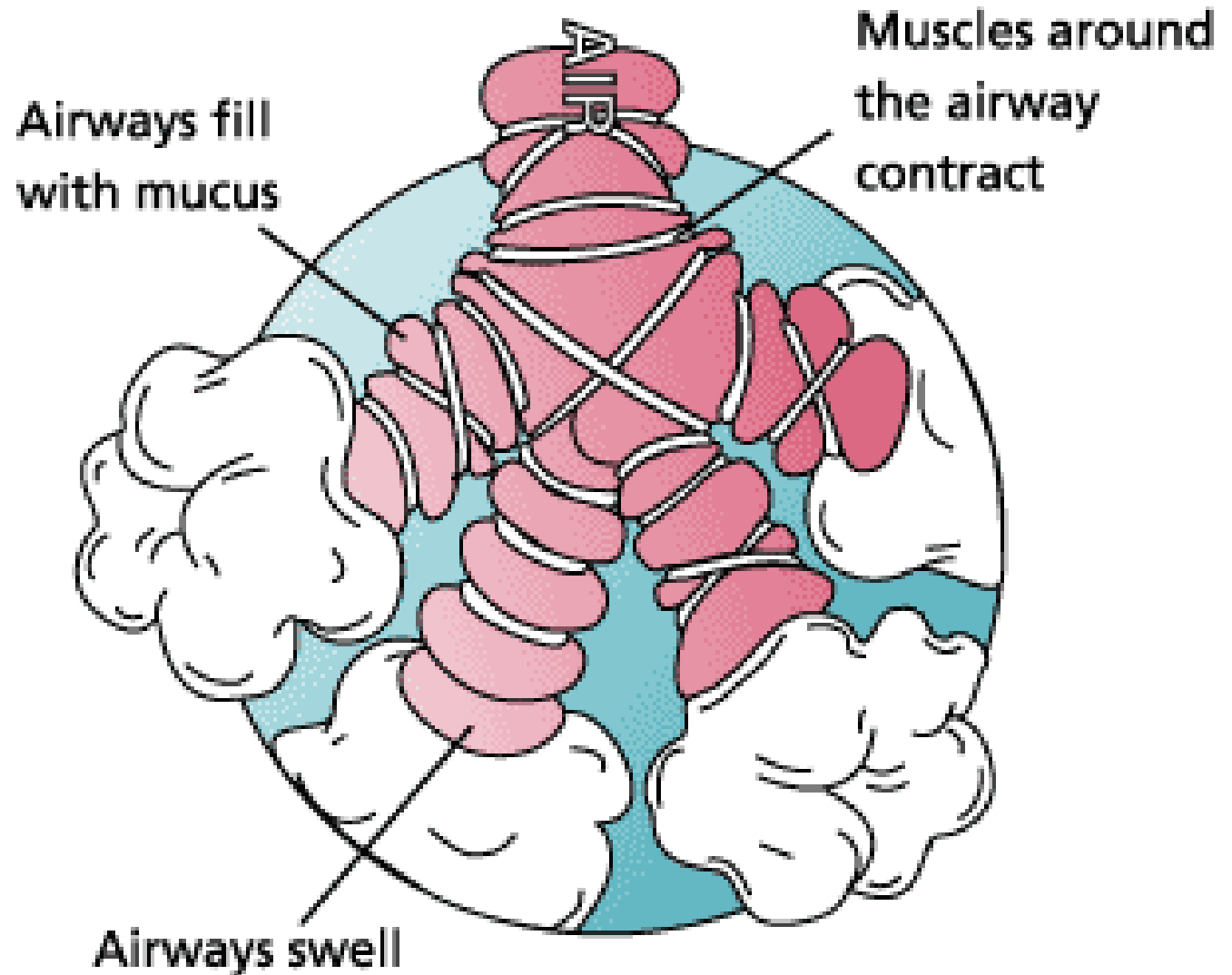
# How will I feel if I have an Asthma Attack?

- » Wheezing or whistling sounds when you breathe
- » Cough
- » Chest tightness
- » Shortness of breath or rapid breathing
- » Waking at night due to cough or shortness of breath





## After an Asthma Episode



# What can my doctor do to help?

- » Rescue Medicine
- » Controller Medicine
- » Speak with you about avoidance measures



***Your asthma should never keep you from  
anything you want to do!***

# Rules of 2....

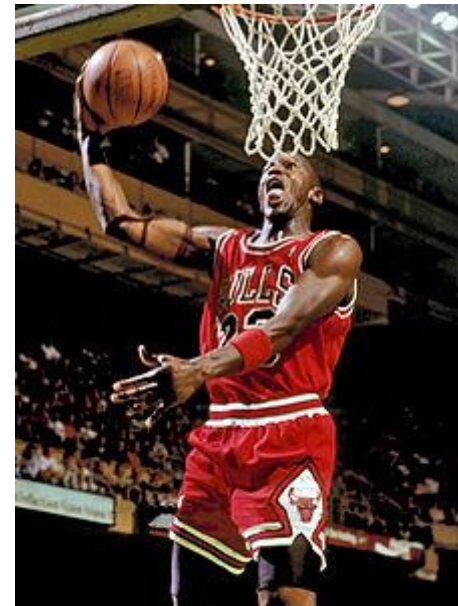
## When do you need more than a rescue medication?

- > Do you take your quick relief inhaler more than 2 times per week?
- > Do you awaken at night with asthma more than 2 times per month?
- > Do you refill your quick relief inhaler more than 2 times per year?



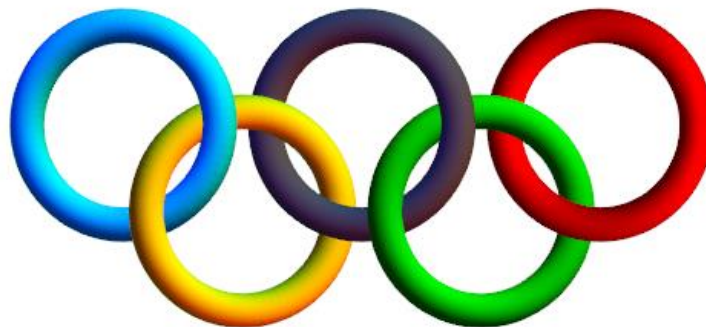
# TRUE or False?

I have asthma. It is not safe to participate in sports.



# FALSE!

- » Children with good asthma control can participate in any sport! There are a number of Olympians with asthma.
- » The goal of asthma therapy is to control symptoms well enough that there is no limit on activity.





**Questions????**

# Asthma and Me!

Courtesy of Laura  
Core, PNP AASC

