

Chronic Disease Presentation

Asthma

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Preview

- What is Asthma? - Alison
 - Causes of Asthma - Kainoa
 - How it is treated - Stacey
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What is Asthma?

□ Word Origin

- From Greek and Latin
 - Middle English: *asma*
 - Translates to “a panting”
 - Combining words
 - azein – to breathe hard
 - anemos - wind
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Definition of Asthma

- *A condition often allergic in origin that is marked by continuous or paroxymal labored breathing accompanied by wheezing, by a sense of constriction in the chest, and often by attacks of coughing or gasping.*

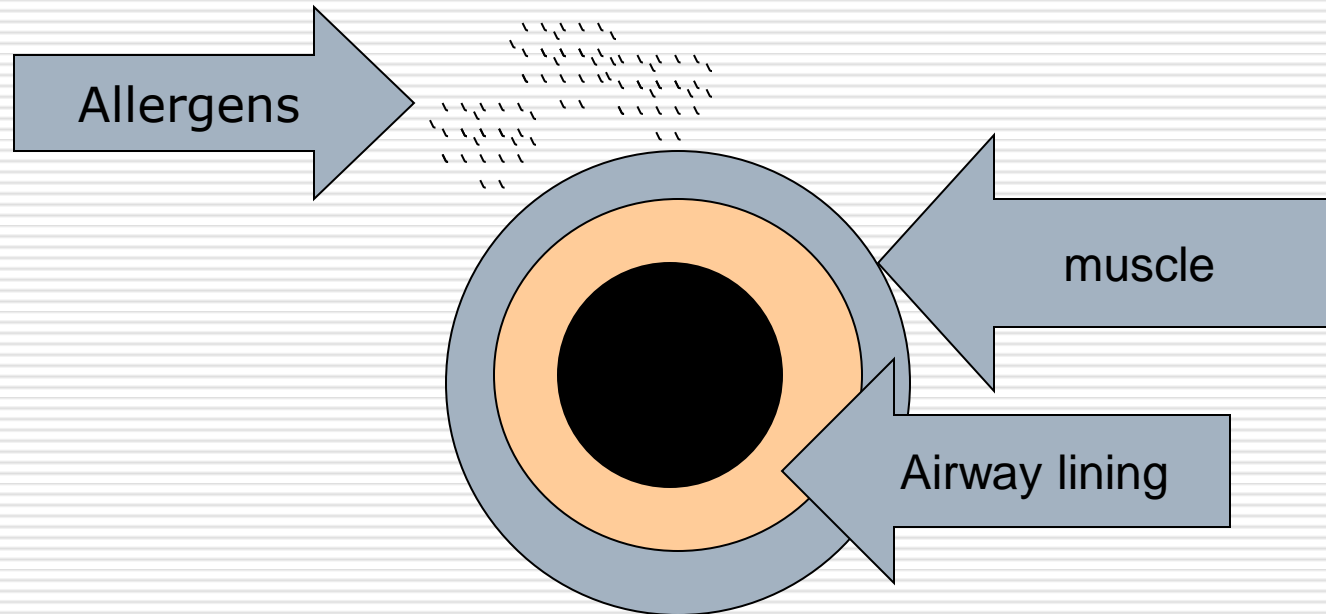
-Merriam-Webster Online

Two Ways Airway is Restricted

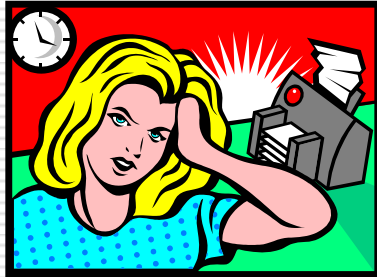
- Airway inflammation
- Bronchoconstriction



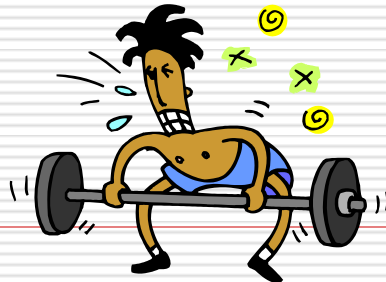
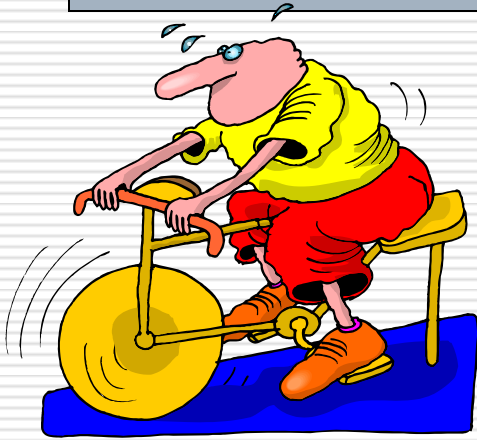
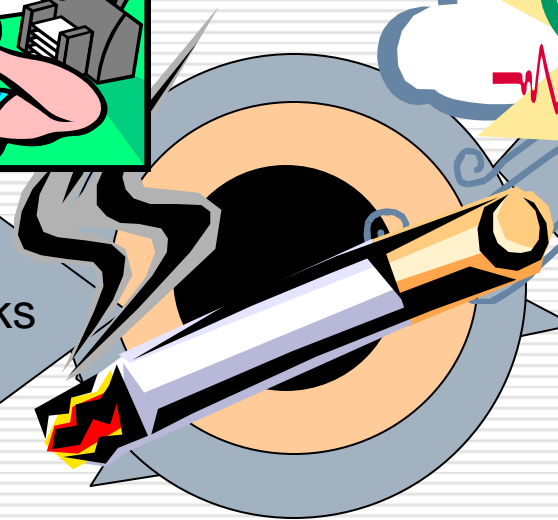
Allergic (extrinsic) Asthma - Airway Inflammation



Non-allergic (intrinsic) Asthma - Bronchoconstriction



Airway passage shrinks



Signs and Symptoms



- Early Warning Signs
 - Itchy chin
 - Itchy, scratchy, or sore throat
 - Increased tiredness
 - Rubbing nose a lot
 - Sneezing
 - Headache
 - Stomach Ache
 - Fever
 - Restlessness



Causes of Asthma – Triggers

- Secondhand smoke
 - Mold
 - Dust
 - Feather bedding
 - Perfume
 - Animal Dander
 - Cleaning Products
 - Pollen
 - Certain medications
 - Inhaled irritants
 - Emotional upsets
 - Exercise
 - Cold Air
 - Heartburn or GERD
 - Respiratory viral infections
 - Illnesses
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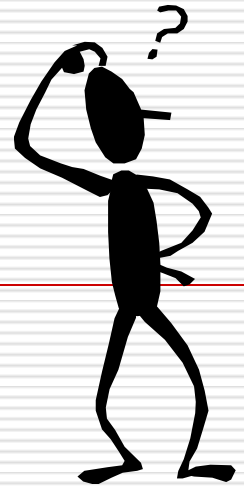
Food Allergens

- Milk
- Eggs
- Peanuts
- Soy
- Bottled lemon or lime juice
- Shrimp and shellfish
- Wine
- Dried Fruits



Who gets asthma?

- Asthma can start at any age
- Asthma in childhood
- Asthma as adult



Prevention



- Staying up-to-date on new developments
- Control known triggers
- Keep home and work areas clean
- Keep outdoor activities to a minimum
- Take medications



Medications and Treatments



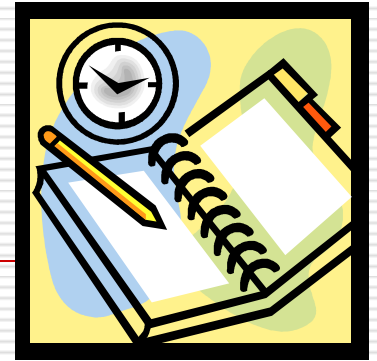
Quick-relief medications

- Anticholinergics
- Short-Acting Beta-Agonist
- Steroid Pills and syrups

Long-term control medications

- Inhaled steroids
- Long-Acting Beta-Agonist
- Cromolyn Sodium and Nedocromil
- Leukotriene Modifiers





Plan of Action








- Climate – Where you live
 - Outdoor conditions
 - Indoor conditions
- Nutrition
 - Avoid food allergies
 - Foods that lessen the severity of an attack



Summary

- What is Asthma?
 - Word Origin
 - Definition of Asthma
 - Signs and Symptoms
 - Causes of Asthma
 - Triggers
 - Who gets Asthma?
 - Prevention
 - How is it treated?
 - Medications/Treatments
 - Plan of action
 - Climate
 - Nutrition
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Quick Quiz...

- Name 3 early warning signs? 
 - Two ways the airway is restricted? 
 - Can you get asthma at any age? 
 - What are two ways to prevent asthma? 
 - Name one short term relief medication and one long term 
 - Name one food allergy 
 - Name one thing that can shorten the length of an attack? 
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T H I S E N D