

## **ASTHMA**

Asthma is a condition of the lungs in which there is spasm of the bronchial tube and an increase in mucous accumulation in air passageways. Asthma is usually triggered by allergies, infections, emotional factors, and exercise. Tobacco smoke is a major factor in aggravating asthma.

Symptoms of asthma may occur suddenly or over a period of time, and frequently worsens at night.

### **Symptoms of Asthma include:**

- Wheezing
- Cough
- Shortness of breath
- Anxiety

### **Treatment of Asthma may include:**

1. Take medications as ordered
2. If medications are ordered, take until finished
3. Drink plenty of fluids
4. Reduce anxiety
5. Avoid known irritants
6. Avoid sudden temperature changes
7. Avoid high humidity

### **See your Physician or go to the Emergency Room if the following occur:**

1. Increasing shortness of breath
2. Cyanosis / Change in skin color
3. Wheezing
4. Extreme anxiety
5. If temperature over 100° for 48 hours

Contact your physician if you have any questions or problems.