

認識氣喘 Understanding Asthma

What illness is asthma?

Asthma is a kind of chronic inflammation and a repeated outbreak of airflow blockage pathological change. It will heal spontaneously or treated. For those uncured patients, they can also take proper therapy to control the symptom and still lead a normal life.

What are the symptoms of asthma?

During an asthma attack, there are symptoms of breathing difficulty, wheezing and chest tightness, etc. depending on the severity. The onset time varies from several minutes to several hours.

It is characterized with completely no symptom at all or mild symptoms between two onsets.

What causes asthma?

- 1.Genetic, allergic, infectious or a combination of three factors.
- 2.Approximately 30% of asthma patients have an allergic physique, or allergic to dust or pollens. It is a type of seasonal illness.
- 3.Majority of patients has no apparent causes, and it is known as a specific physical reaction.

Causes that induced asthma

- 1.Allergens: Dust, dust mites, animal danders, pollens and molds, etc.
- 2.Bacterial or viral infections: Colds and bronchitis.
- 3.Sports: Running in bittering cold weather.
- 4.Emotional: Excitement or anger.
- 5.Environmental stimulation: Smoke, emissions or air pollution.
- 6.Drug or food allergies: Painkillers, milk, egg and seafood, etc.

Treatments

The treatment principles are divided into four levels: Mild intermittent, mild persistent, moderate persistent and severe persistent.

- 1.Avoid or reduce exposure to allergens – improve home environment and eliminate allergens in the



environment.

2. Medical treatments – the asthma medical functions can be classified into control drugs and reliever drugs:

- The efficacy of control drugs is to lighten inflammation and swelling of the respiratory tract, and prevent asthma attack.
- The efficacy of reliever drugs is to smoothen and relax the respiratory tract to eliminate asthma symptoms.

3. Anti-allergen therapy – inject the patients with minute amount of allergen repeatedly within a period of time, and then increase the dosage gradually to strengthen the patients' tolerance to allergen.

Precautions

1. Asthma diagnosis requires clinical characteristics and measurement of pulmonary functions.
2. The patients should record daily peak expiratory flow rate and onset frequency.
3. Reduce allergen exposure and avoid contact with pets.
4. Prohibit using drugs that will induce asthma attack, such as high blood pressure medication of beta blocker and aspirin, etc.