

IDENTIFYING ASTHMA



Do you or someone you know experience wheezing, breathlessness, chest tightness, or nighttime coughing? These could be signs of asthma, a common lung disease affecting both children and adults. Asthma is a chronic condition, but with proper understanding and management, you can lead a healthier life.

What is Asthma?

Asthma affects the lungs, causing various symptoms. While its exact causes aren't fully known, factors such as genetics, environment, and occupation have been linked to its development.

Exposure to allergens like dust mites, secondhand smoke, and environmental factors like air pollution can contribute to asthma.

Identifying Asthma

Diagnosing asthma, especially in children under 5, can be challenging. Doctors may inquire about coughing patterns, breathing difficulties, and family history during a checkup. Breathing tests, like spirometry, may also be conducted to assess lung function.



Common Symptoms of Asthma

Wheezing



Breathless



Coughing



Asthma Attacks

Asthma attacks involve coughing, chest tightness, wheezing, and difficulty breathing as the airways constrict. Understanding your triggers—such as tobacco smoke, dust mites, or outdoor pollution—can help you manage and prevent attacks.

Taking Control

Managing asthma involves recognizing warning signs, avoiding triggers, and following your doctor's advice. By controlling your asthma, you can minimize symptoms, sleep better, participate in physical activities, and reduce the risk of hospitalization.

Treatment and Medication

Asthma treatment varies, with medicines falling into two categories: quick-relief and long-term control. Quick-relief medications address immediate symptoms, while long-term control helps prevent frequent and severe attacks. It's crucial to take prescribed medications as directed and be aware of potential side effects.

Creating Your Asthma Action Plan

Work with your doctor to develop a personalized asthma action plan. Share this plan with relevant individuals, and keep it accessible. Even when symptom-free, continue taking long-term control medication as prescribed.

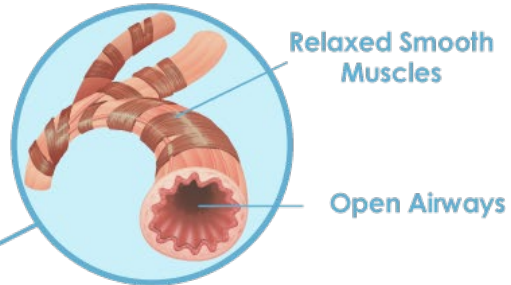
Asthmatic Airway

Remember, understanding and managing asthma empower you to lead a fulfilling life. If you suspect asthma or have concerns, consult your doctor for guidance tailored to your specific needs.

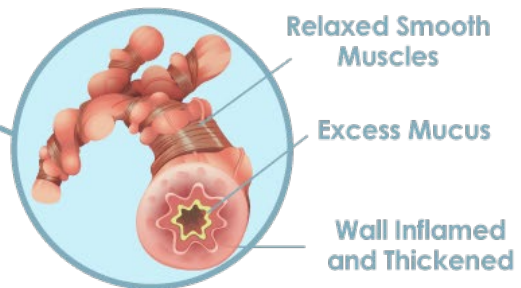
ASTHMATIC AIRWAY



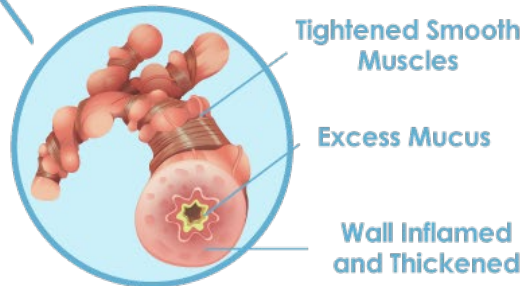
NORMAL AIRWAY



ASTHMATIC AIRWAY



ASTHMATIC AIRWAY DURING ATTACK



It's never too late to prioritize your health—schedule an asthma check-up today and take the first step toward better health!



Schedule an in-office OR virtual visit with your local clinic!

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(707) 732-8679

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