

Healthy Homes Healthy Kids - Asthma

Asthma is defined as a respiratory condition marked by spasms in the bronchi of the lungs, causing difficulty in breathing. It usually results from an allergic reaction or other forms of hypersensitivity.

In other words asthma is a disease that affect the lungs and it is one common long-term diseases of children, but adults can have asthma, too.

Asthma causes, wheezing, coughing, shortness of breathe and chest tightness at night or in the morning which may signal that it is not controlled.

Asthma it's causes, symptoms and triggers are still being researched. Asthma may be genetic, hereditary, enviromental and occupational.

There are many things that can trigger an asthma attack such as tobacco smoke, second hand tobacco smoke, aerosol sprays, outdoor air pollution , pets, mold, cockroaches, dust mites, food allergies and there are many other triggers.

The Center of Disease Control and Prevention (CDC) explains best what an asthma attack is, an asthma attack may include coughing, chest tightness, wheezing, and trouble breathing. The attack happens in your body's airways, which are the paths that carry air to your lungs. As the air moves through your lungs, the airways become smaller, like the branches of a tree are smaller than the tree trunk. During an asthma attack, the sides of the airways in your lungs swell and the airways shrink. Less air gets in and out of your lungs, and mucous that your body makes clogs up the airways.

Asthma is a disease that can be controlled by having your medication rescue inhaler, having a medical action plan, knowing your triggers and knowing how to avoid them as well as following your doctors orders.