

Overview of Asthma in Children along with its Preventive Measures

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DESCRIPTION

The lungs and airways of children with asthma become quickly inflamed when they are exposed to certain triggers, such as pollen or catching a cold or other respiratory infection. Asthma in youngsters can produce annoying daily symptoms that interfere with school, play, sports, and sleep. Uncontrolled asthma in children can lead to life-threatening asthma attacks. Despite the fact that juvenile asthma is identical to adult asthma, children have unique challenges. The illness is a primary cause of emergency room visits, hospitalizations, and school absences [1].

Asthma is a long-term (chronic) lung infection. It affects the tubes that transport air into and out of human lungs, known as airways. The airways might become irritated and constricted if children have asthma. This might result in breathing, coughing, and chest tightness. An asthma attack or flare-up occurs when these symptoms become more severe than normal. Asthma is a long-lasting inflammatory airway disease characterized by recurrent episodes of airflow limitation brought on by edema, bronchospasm, and increased mucus production. An atopic trio is a group of three illnesses that are usually linked to seasonal allergies (allergic rhinitis) and eczema (atopic dermatitis). Asthmatic individuals may experience wheezing, shortness of breath, coughing, and chest tightness, among other respiratory symptoms. The intensity and frequency of symptoms vary, but uncontrolled asthma and acute exacerbations can result in respiratory failure and death [2].

Symptoms

Asthma symptoms change from one person to the next. People may have rare asthma episodes, only have symptoms at specific times of the day such as when exercising or experience symptoms all of the time. The previous are some of the suggestions and symptoms of asthma:

Breathing problems

Tightness or discomfort in the chest

Breathing normally wheezing is a common asthma condition in youngsters.

Coughing that gets worse when their kid has a virus, happens while he or she is sleeping, or is prompted by activity or cold air.

Causes of asthma

Many distinct variables have been linked to an increased chance of having asthma, while pinpointing a single, direct cause is typically challenging. Other family members with asthma are more likely to get asthma, especially a close relative such as a parent or sibling. People with other allergy disorders, such as eczema and rhinitis, are more prone to develop asthma (fever). Asthma prevalence increases with urbanization, most possible owing to an arrangement of lifestyle variables. Early childhood events can have an impact on the developing lungs and raise the chance of asthma. Low birth weight, preterm, cigarette smoking and other causes of air pollution, as well as viral respiratory infections, are all examples. Infections caused by viruses, such as the common cold, tobacco smoke and other contaminants in the air, dust mite, pet dander, pollen, or mold allergies [3].

Treatment for asthma

It is critical to avoid exposure to asthma triggers such as personal or secondhand cigarette smoke, food or medication triggers, contaminants, and irritants. Vitamin D insufficiency has been found to be quite common in atopic illness patients. There is evidence that vitamin D deficiency has a role in immune system disturbance and the exacerbation of reactive airways. Atopic condition, including asthma, may improve with more screening and proper supplements [4].

Prevention

The WHO global action plan for the prevention and control of NCDs, as well as the United Nations 2030 agenda for sustainable development, includes asthma. In a variety of approaches, the WHO is working to improve asthma diagnosis and treatment. Tobacco smoke reduction is crucial for both primary asthma prevention and disease management. The framework convention on tobacco control, as well as WHO efforts like MPOWER and tobacco cessation, is facilitating development in this area.

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CONCLUSION

Asthma is a serious chronic condition that causes clinically considerable morbidity, missed days at work or school, high expenditures for emergency treatment and hospitalization, and death in certain cases. In asthmatic patients, current medication can help control their symptoms and avoid permanent airway abnormalities. Practice tips summarize key principles for diagnosing and treating asthma.

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