

# The Different Types of Asthma: Its Innovative Approaches and Interventions in Treatment

Deepthi Varma\*

Department of Medicine, University of Dallas, Dallas, Texas, USA

## DESCRIPTION

Asthma is a chronic respiratory condition that affects millions of people worldwide. It is characterized by inflammation and constriction of the airways, leading to symptoms such as wheezing, shortness of breath, coughing, and chest tightness. Asthma can be broadly categorized into two main types: acute asthma and chronic asthma. Understanding the differences between these two forms is crucial for effective management and treatment.

### Acute asthma

Acute asthma, also known as an asthma attack or exacerbation, is a sudden and severe onset of symptoms that can be life-threatening if not promptly addressed. During an acute asthma episode, the airways become highly inflamed, and muscles surrounding them constrict, leading to a rapid reduction in airflow. Activators for acute asthma attacks can vary widely and may include exposure to allergens, respiratory infections, exercise, or exposure to irritants such as smoke or pollution.

The features of acute asthma include a sudden onset of wheezing, coughing, difficulty breathing, and chest tightness. In severe cases, individuals may experience a bluish tint on the lips or fingernails, indicating a lack of oxygen. Immediate medical attention is crucial during an acute asthma attack, and rescue medications like short-acting beta-agonists (e.g., albuterol) are commonly used to quickly open the airways.

### Chronic asthma

Chronic asthma, on the other hand, is a long-term condition characterized by persistent inflammation and airway constriction. Unlike acute asthma, chronic asthma involves ongoing, day-to-day symptoms that may wax and wane in intensity. Individuals with chronic asthma often have a heightened sensitivity to various triggers, which can lead to exacerbations or worsening of symptoms over time.

The symptoms of chronic asthma are similar to those of acute asthma but tend to be less severe and more persistent. Individuals may experience a chronic cough, periodic wheezing,

shortness of breath during physical activity, and an overall feeling of chest discomfort. Management of chronic asthma typically involves daily controller medications, such as inhaled corticosteroids, long-acting beta-agonists, leukotriene modifiers, or biologics, to control inflammation and prevent symptoms.

### Distinguishing factors

While acute and chronic asthma share common symptoms, several key factors differentiate the two conditions:

**Duration and intensity of symptoms:** Acute asthma involves sudden and severe symptoms that require immediate intervention. Chronic asthma entails persistent, day-to-day symptoms, often with variable intensity.

**Activators:** Acute asthma attacks can be activated by various factors, including allergens, infections, and irritants. Chronic asthma symptoms may be activated by similar factors but are usually associated with a more generalized sensitivity to environmental activators.

**Treatment approaches:** Acute asthma attacks require rapid-acting medications (rescue inhalers) to provide immediate relief. Chronic asthma management involves daily use of controller medications to control inflammation and prevent symptoms.

## CONCLUSION

Understanding the distinctions between acute and chronic asthma is crucial for individuals living with the condition and their healthcare providers. While acute asthma demands swift intervention to alleviate life-threatening symptoms, chronic asthma necessitates ongoing management to maintain control and improve the overall quality of life. By recognizing the unique characteristics and triggers associated with each type of asthma, individuals and healthcare professionals can collaborate to develop effective treatment plans that address the specific needs of the patient. Asthma management is a multifaceted approach that requires both acute symptom relief and long-term control to empower individuals to lead healthy, active lives despite their respiratory challenges.

**Correspondence to:** Deepthi Varma, Department of Medicine, University of Dallas, Dallas, Texas, USA, Email: deepthi\_varma23@usedu.com

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