

HEALTH EDUCATION LIBRARY FOR PEOPLE

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t FREE health Education library for people..

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.



For more information on this subject:
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Asthma And Your Child



Asthma In Children

**LET'S HELP
ERADICATE
IGNORANCE**

Also called: Childhood asthma



Asthma is a chronic disease that causes the airways - the tubes that carry air in and out of your lungs - to become sore and swollen. Children have smaller airways than adults, which makes asthma especially serious for them. Children with asthma may experience wheezing, coughing, chest tightness and trouble breathing, especially early in the morning or at night.

Many things can cause asthma, including

- Allergens - mold, pollen, animals
- Irritants - cigarette smoke, air pollution
- Weather - cold air, changes in weather
- Exercise
- Infections - flu, common cold

Asthma in children varies by age group. Infants, toddlers and 4-year-olds are diagnosed and treated differently than teens and adults are. Asthma in children also varies from child to child, and symptoms may get better or worse at certain times. In some children, asthma symptoms get better with age. While asthma can't be cured, it can be managed by following the treatment plan you develop with your child's doctor.

Asthma symptoms in children under 5

The most common asthma symptoms in children under 5 include:

Coughing, Wheezing, Difficulty breathing, Recurring pneumonia

Some children have few day-to-day symptoms, but have bad asthma attacks now and then. Other children have regular, mild symptoms or symptoms that get worse with activity or other

triggers ranging from cigarette smoke to seasonal allergies.

Asthma emergencies

For some children, severe asthma attacks can be life-threatening and require a trip to the emergency room. Signs and symptoms of an asthma emergency in children under 5 years old include:



- Gasping for air
- Trying so hard to breathe that the abdomen is sucked under the ribs when he or she breathes in
- Trouble speaking because of restricted breathing

Tests to diagnose and monitor asthma in young children

In children under 5, diagnosis is usually based on symptoms reported by parents, and what the doctor finds in a physical exam.

In older children and adults, doctors often measure lung function with tests called spirometry or peak flow measurement. As your child gets older, these tests might help.

If it's available, your child's doctor may be able to check the inflammation in your child's airways with a newer test that measures nitric oxide levels in your child's breath. In general, higher levels of nitric oxide mean your son or daughter's lungs aren't working as well as they should be — and asthma isn't under control.

The doctor will want your child to take just the right amount and type of medication needed to control his or her asthma. This will help prevent side effects. Based on your record of how well your child's current medications seem to control signs and symptoms, your child's doctor may "step up" treatment to a higher dose or add

another type of medication. If your child's asthma is well controlled, the doctor may "step down" treatment by reducing your child's medications. This is known as the "step-wise" approach to asthma treatment.

If your child's asthma symptoms are severe, your family doctor or pediatrician may refer your child to see an asthma specialist.

Asthma control: 4 basic steps for children under age 5

Step 1: Monitor symptoms with a written plan.

Step 2: Learn about asthma

Step 3: Control outside triggers

Step 4: Monitor medications

The key to asthma control: Follow the action plan

Following your child's asthma action plan may be the single most important thing you can do to keep your child's asthma under control. Carefully track your child's lung function and symptoms, and make medication changes as soon as they're needed. If you act quickly, your child is less likely to have a severe attack and you won't need as much medication to control asthma symptoms.

Diligently using an asthma plan can make a big difference in asthma control — and keep asthma symptoms from becoming a serious and disruptive problem. With monitoring and careful management, your child should be able to avoid flare ups and enjoy life with minimal symptoms.

