

Can asthmatics participate in normal activities?



YES! Whether she has mild, intermittent or severe, chronic asthma (or somewhere in between) life style modifications and/or medications can help her live very normally!

She can participate in sports, indoor and outdoor. *There is no reason she can't live a normal life.*

References:

www.nhlbi.nih.gov/health/prof/lung/asthma/practgde/pdf
www.advair.com

How is asthma treated?

-If your child is diagnosed with asthma, he may need only a “rescue inhaler.” This is an inhaler he uses only when he needs to, up to a few times per week.

-He may need a medicine that he takes by pill every day or a different kind of inhaled medicine. He would still need a rescue inhaler on top of this. Most children adjust well to taking these medicines, especially when it helps them feel better all the time! Getting help early in life can reverse lung damage for life.

How can I learn more about asthma?

Make an appointment with your health care provider. Visit a website like:
www.noattacks.org
www.lung.ca/asthma
www.aanma.org
www.advair.org

DOES YOUR CHILD HAVE ASTHMA?

DOES YOUR CHILD....

- have seasonal allergies?
- get short of breath with little exertion?
- have persistent nasal stuffiness?
- get itchy, watery eyes, eczema or hives?
- have a recurrent or persistent cough?

Does someone else in your family have asthma, hay fever or eczema?



If yes to the above, your child may have ASTHMA

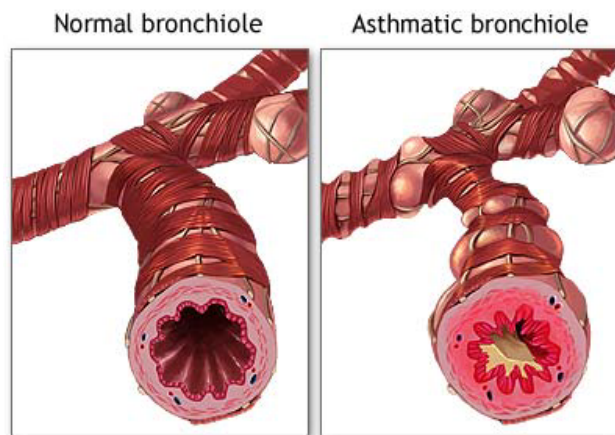
SOME QUESTIONS YOU MAY HAVE...

What is asthma?

There are two major components of asthma:

1. Inflammation (swelling) of the airways, causing narrowing of the open areas, AND
2. Constriction (tightening) of the airways, causing even more narrowing-

Both of these types of narrowing of the airways happen in response to a stimulus.



ADAM

How do these effects show up in my child?

This airway narrowing causes repeated episodes of wheezing, shortness of breath, chest tightness and coughing. A person with asthma may do these things, as well as cough up sputum (typically white or yellow) when the asthma is aggravated.

What sorts of things can cause airway narrowing?

A common cold or anything that your child is allergic to including: animals, seasonal allergens, dust, molds and more. **SMOKING** is especially damaging to the child who has asthma.

How do I know if my child has asthma?

- Take your child to his health care provider
- Take a complete list of your child's symptoms
- Your provider may do some simple breathing tests with your child, or diagnose him from symptoms alone

What if asthma is not treated?

There can be permanent damage to your child's lungs if untreated for a long period of time.

What do I do if I think my child has asthma?

It's very important to **GET INFORMATION** so you know what symptoms to look for in your child. **DON'T WAIT!**