

WELLNESS WEEKLY



What is Asthma?

Asthma is a disease caused by inflamed airways within the lungs. Breathing and physical activity both become difficult when a person suffers from asthma. Asthma is a very common condition within children of America, The symptoms occur when the interior lining of the airway become inflamed and the muscles around it become tightened. An asthma attack is accompanied with coughing and the feeling of tightness in the chest.

HIGHLIGHTS OF THIS NEWSLETTER

1. What is Asthma?
2. Symptoms of Asthma
3. Types of Asthma

What are the Types of Asthma?



The symptoms vary with the different types of asthma. The most common type is bronchial asthma which affects the bronchi in the lungs. Here is a list of other specific types of asthma.

-Allergic Asthma: This type of asthma is seasonal, and related to seasonal allergies such as pollen, mold, and dust.

-Nonallergic Asthma: This type of asthma is triggered by irritants in the air such as air pollution, and perfumes.

-Occupational Asthma: This type of allergy is triggered by irritants in the workplace. Examples of triggers are wood chips, gases and fumes, dust, and industrial chemicals.

-Nocturnal Asthma: This type of asthma is worsened at night. Triggers are heartburn, dustmites, petdander, as well as the natural sleep cycle.

-Cough Variant Asthma: This type of asthma is characterized by a persistent dry cough. When left untreated it could lead to worsened asthma flares with common asthma symptoms.

-Exercise Induced Bronchoconstriction: This type of asthma worsens just before starting to exercise and for a few minutes after being physically active. The narrowing of the airways in the lungs are what make exercising more difficult because it blocks air from moving in and out.



What are the symptoms of Asthma?

There are many common symptoms of asthma. A person who suffers from this condition may experience wheezing or other noises while breathing, such as whistling, or squealing.

Other less common symptoms of asthma include:

- shortness of breath,
- difficulty talking
- fatigue
- tightness in the chest
- coughing mostly during nights, exercise, or laughter.

At Natural Medical Solutions, Dr. Ravello treats many patients suffering with asthma. If you are experiencing these symptoms, schedule an initial consultation to begin your journey of lasting healing.

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