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SUBJECT: ENGLISH

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ASTHMA GLOBAL PROBLEM

CHRONIC DISEASE THAT AFFECTS THE RESPIRATORY TRACT OF THE LUNGS

SYMPTOMS

Persistent cough, especially at night

Wheezing when breathing and sometimes when breathing

Dyspnea or difficulty breathing, sometimes even at rest

Chest tightness that prevents deep breathing

RISK FACTORS

Airborne allergens, such as pollen, dust mites, mold spores, animal dander, or cockroach waste particles. Respiratory infections, such as the common cold. Physical activity. Cold air.

IMPACT ON DIFFERENT GROUPS.

If not treated properly, it can cause sleep disturbances, daytime fatigue and concentration problems. In addition, people with asthma and their families sometimes miss school and work, which has financial repercussions for the family and society at large. When an asthmatic person has severe symptoms, he or she may need urgent care and sometimes require hospitalization for treatment and monitoring. In the most severe cases, asthma can cause death.

MEDICAL MANAGEMENT AND SELF-MANAGEMENT.

It is based on an action plan that is created together with a doctor to control symptoms and reduce asthma attacks.

Plan of action

Home treatment

Inhalers

Medical attention

Function meters.

registry

ACCESS TO TREATMENTS.

Controlling airway inflammation

Limit exposure to substances that may trigger symptoms

Help you to be able to carry out normal activities without having asthma symptoms

COMMUNITY AWARENESS.

Community Asthma Awareness is a program that educates the community about this chronic respiratory disease and how to manage it. The US EPA Asthma Community Network is a platform that connects community programs to improve the health and quality of life of people with asthma.

COSTS AND SOCIAL BURDEN

Asthma was the leading cause of total disease burden in children aged 1–9 years. In 2020–21, an estimated \$851.7 million was spent on asthma treatment and management, representing 0.6% of total health system expenditure and 19% of expenditure on all respiratory conditions.

LITERATURE

<https://www.who.int/es/news-room/fact-sheets/detail/asthma#:~:text=Se%20calcula%20que%20262%20millones,una%20vida%20normal%20y%20activa.>

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