

**universidad del sureste**

**Licenciatura en enfermería**



**INGE.EN ALIMENTOS :EDUARDO E.ARREOLA JIMÉNEZ**

**alumna :Angela yahaira garcia reyes**

**materia: ingles**

**tema:asthma :a global problem**

**3er.cuatrimestre**

**Tapachula , chiapas a 01 de octubre del  
2024**

## OMS

Asthma is one of the diseases included in the WHO Global Action Plan for the Prevention and Control of NCDs and in the United Nations 2030 Agenda for Sustainable Development.

WHO is taking measures to improve the diagnosis and treatment of this disease.

## CAUSES

The probability of suffering from asthma is greater if you have asthmatic relatives, especially first-degree relatives, such as parents or siblings.

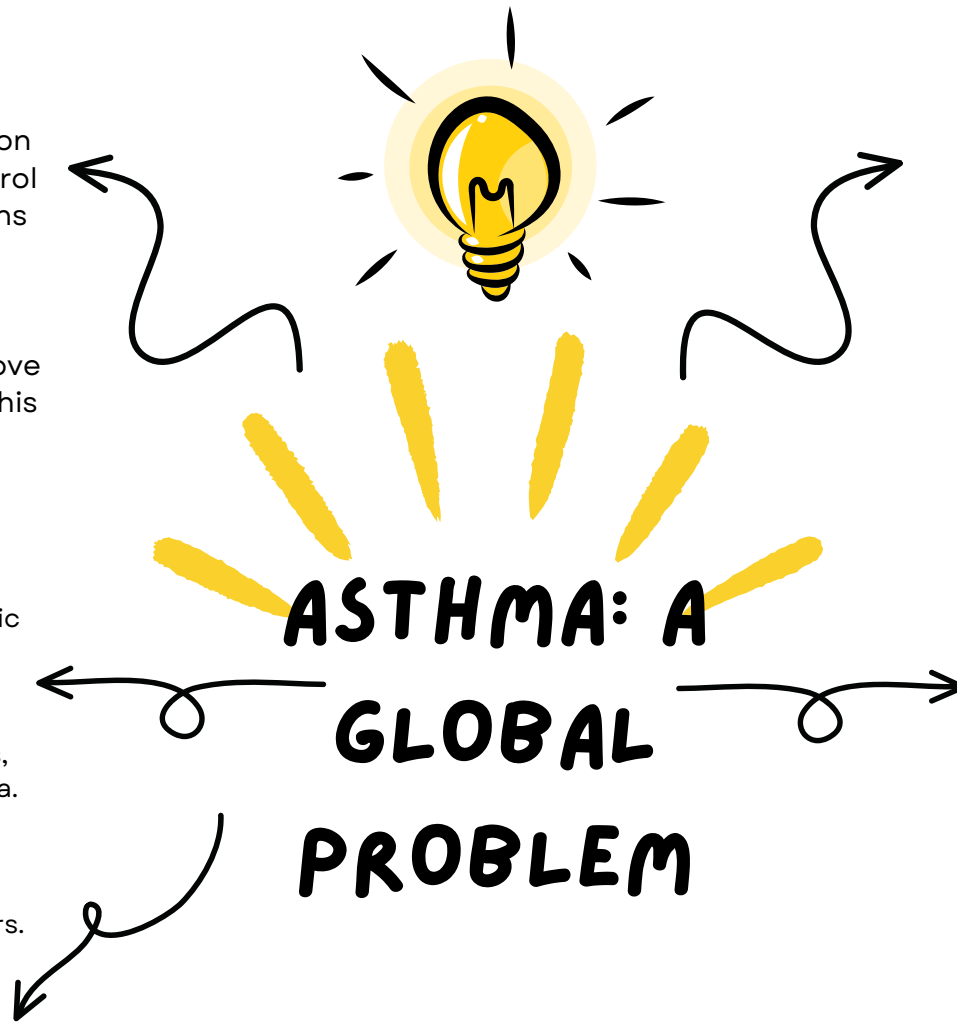
Allergies, such as eczema and rhinitis, increase the risk of developing asthma.

Urbanization is associated with an increase in asthma prevalence, probably due to several lifestyle factors.

## SYMPTOMS

The symptoms may be different depending on the person. When they become very serious, an asthma attack occurs. These symptoms are usually more intense at night or during exercise.

- The usual symptoms are:
- Persistent cough, especially at night
- Wheezing when exhaling and sometimes when inhaling
- Dyspnea or difficulty breathing, sometimes even at rest
- Tightness in the chest that does not allow you to breathe deeply



## WHAT IS ASTHMA?

Asthma is a chronic disease that affects people of all ages. It is due to inflammation and contraction of the muscles surrounding the airways, which make breathing difficult.

## TREATMENTS

Asthma cannot be cured, but it can be relieved with different treatments. It is common to use devices called inhalers that send drugs directly to the lungs.

Inhalers can contain two types of drugs:

bronchodilators, such as salbutamol, which open the airways and relieve symptoms; and corticosteroids, such as beclomethasone, which reduce inflammation in the airways, thereby relieving asthma symptoms and reducing the risk of severe asthma attacks that can lead to death.

# **bibliografia**

<https://www.who.int/es/news-room/factsheets/detail/asthma#:~:text=El%20asma%20es%20una%20de%20las%20enfermedades,diagn%C3%B3stico%20y%20el%20tratamiento%20de%20esta%20enfermedad>

<https://www.who.int/es/news-room/factsheets/detail/asthma#:~:text=El%20asma%20es%20una%20enfermedad%20cr%C3%B3nica%20que%20afecta%20a%20personas%20de%20todas%20las%20edades.%20Se%20debe%20a%20la%20inflamaci%C3%B3n%20y%20la%20contracci%C3%B3n%20de%20los%20m%C3%Asculos%20que%20rodean%20las%20v%C3%ADas%20respiratorias%20las%20cuales%20dificultan%20la%20respiraci%C3%B3n>

<https://www.who.int/es/news-room/factsheets/detail/asthma#:~:text=Los%20s%C3%ADntomas%20pueden,permite%20respirar%20profundamente>

<https://www.who.int/es/news-room/factsheets/detail/asthma#:~:text=La%20probabilidad%20de,h%C3%A1bitos%20de%20vida>

<https://www.who.int/es/news-room/factsheets/detail/asthma#:~:text=El%20asma%20no,producir%20la%20muerte>