



**UDS**

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# Asthma: Global Problem

## Risk factors

Allergies

Family History

Obesity

Air pollution

Smoker

## what is?

Asthma is a chronic inflammatory disease of the airways which is characterized by the presence of recurrent coughing attacks, difficulty breathing and wheezing, the severity and frequency of which varies from one person to another.

## Impact on different groups

It affects more than 300 million people in the world

In Mexico, 1 in 10 people suffer from asthma and around 4,000 die

It is the most common chronic disease in children.

+80% of deaths They happen in low and lower-middle income countries.

## Access to treatments

### Preventive treatment

Includes preventive measures and daily medications if indicated.

### Rescue treatment

It is the indicated medication when symptoms worsen

## Costs and social burden

TREATING ASTHMA CAN BE EXPENSIVE, AS THE COST CAN VARY DEPENDING ON THE TYPE OF TREATMENT AND THE PATIENT:

In Mexico, the annual cost of asthma treatment is estimated at 35 million dollars.

In chronic treatment, the expense is allocated between 40 and 70%, while exacerbations account for 30% and the rest is for hospitalization.

## Human awareness

For good asthma management, it is important to:

1. If you smoke, stop smoking.
2. Know the triggering factors.
3. Know the symptoms and how to control them
4. Correct use of inhalers for treatment
5. Receive flu and pneumonia vaccines.
6. Recognizing when to consult on call avoids complications.

# Bibliography

(What is?) (Impact on different groups) :

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