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MAPA CONCEPTUAL ASTHMA

WHAT IS IT?

It is a chronic disease that causes the airways in the lungs to swell and narrow.

This can make breathing difficult and cause coughing, a whistling sound when you exhale, and shortness of breath.

For others, it can be a significant problem that interferes with daily activities and can lead to life-threatening asthma attacks.

SYMPTOM

You may have asthma attacks infrequently, symptoms only at certain times, such as when you exercise, or symptoms all the time.

Shortness of breath
Chest pain or tightness
Wheezing when you breathe out, which is a common sign of asthma in children
Sleep problems caused by shortness of breath, coughing, or wheezing when you breathe
Coughing or wheezing

It is not clear why some people get asthma and others do not, but it is likely due to a combination of environmental and inherited (genetic) factors.

RISK FACTORS

Several factors are thought to increase the chances of developing asthma. For example:

Having a blood relative with asthma, such as a parent or sibling
Having another allergic condition, such as atopic dermatitis, which causes red, itchy skin, or hay fever, which causes

Exposure to workplace triggers, such as chemicals used in the agriculture, hairdressing, and manufacturing industries

COMPLICATIONS

Signs and symptoms that interfere with sleep, work, and other activities

A permanent narrowing of the tubes that carry air to and from the lungs (bronchi), affecting the quality of breathing
Emergency room visits and hospitalizations due to

Although there is no way to prevent asthma, you and your doctor can design a step-by-step plan to live with the disease and prevent asthma attacks.