



MAPA CONCEPTUAL

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ASTHMA

what is?

Asthma is a disease in which the airways become narrow and inflamed, which can lead to increased mucus production. This can make it difficult to breathe and cause coughing, wheezing and shortness of breath

types of

Allergic asthma

Allergic asthma is the most common type, affecting about 60% of people. About 8 in 10 people with allergic asthma will also have another allergic condition, such as eczema, allergic rhinitis, or food allergy..

Non-allergic asthma

It is less common than allergic asthma, accounting for about 10% to 33% of all asthma cases. It is more likely to appear in adulthood and affects women more than men. Experts believe that non-allergic asthma develops due to genetic and environmental factors.

Occupational asthma

People with occupational asthma may notice that their symptoms get worse while they are working, or that they get better when they take a break from work. In fact, up to 15% of asthma cases may be due to workplace exposure to chemicals from paints, sprays, insecticides or other harmful substances.

Causes

There is no single cause for asthma that has been identified, it is caused by a variety of factors. These factors include:

- Genetics.
- History of viral infections.
- Hygiene hypothesis.

factors

Triggers

- Airborne allergens, such as pollen, dust mites, mold spores, animal dander, or cockroach waste particles
- Respiratory infections, such as a common cold
- Physical activity
- Cold air
- Air pollutants and irritants, such as smoke

Risk factors

- Being overweight
- Being a smoker
- Exposure as passive smoker
- Exposure to exhaust fumes or other types of pollution

symptoms

- Shortness of breath
- Chest pain or tightness
- Wheezing when you breathe out, which is a common sign of asthma in children
- Trouble sleeping caused by shortness of breath, coughing, or wheezing when you breathe
- Coughing or wheezing when you breathe that gets worse with a respiratory virus, such as a cold or flu

Complications

- A permanent narrowing of the tubes that carry air to and from the lungs (bronchi), which affects the quality of breathing
- Emergency room visits and hospitalizations for severe asthma attacks
- Side effects of long-term use of some medications used to stabilize severe asthma

Prevention

- Get vaccinated against flu and pneumonia.
- Identify and avoid asthma triggers
- Identify and treat attacks early
- Take your medications as directed

Treatment

Asthma treatments fall into three main categories:

- breathing exercises
- short-acting treatments
- medicines for long-term asthma control

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