



“Asthma: a global problem”

MARTÍNEZ YONG MARÍA JOSÉ

Dr. Arreola Enrique Eduardo

UNIVERSIDAD DEL SURESTE

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WHAT IS IT?

AND SYMPTOMS

Asthma is a chronic respiratory disease which affects the airways of the lungs, causing inflammation and narrowing. The symptoms are a 'tight', chest, coughing, wheezing and difficulty in breathing.

When a person with asthma comes into contact with something that irritates their airways.

Asthma is the most common chronic disease among children.

Asthma is a major public health problem for many countries in the world.

The country with the highest level asthma is the United Kingdom, followed New Zealand.

Over 80% of asthma deaths happen in low and lower-middle income countries.

THINGS THAT CAUSE ALLERGIC REACTIONS INCLUDE:

- Indoor allergens (e.g. dust, pet hair)
- Outdoor allergens (e.g. pollens)
- Tobacco smoke
- Chemicals in the workplace
- Air pollution.

The lining of the bronchial tubes starts to swell. This makes the airways narrower and it is more difficult for air to get in and out of the lungs. Sometimes mucus is also produced. All of these cause the patient to wheeze, cough and become breathless.

THE CAUSES

The causes of asthma are not completely understood. It is hereditary (it runs in family and is passed from parent to child) and is linked with allergies.

CURE

Although there is no cure for asthma, it is possible to control the symptoms and enjoy a good quality of life.

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