



Asthma

Medical Measurements Lab 2

Fourth Stage

Supervised by

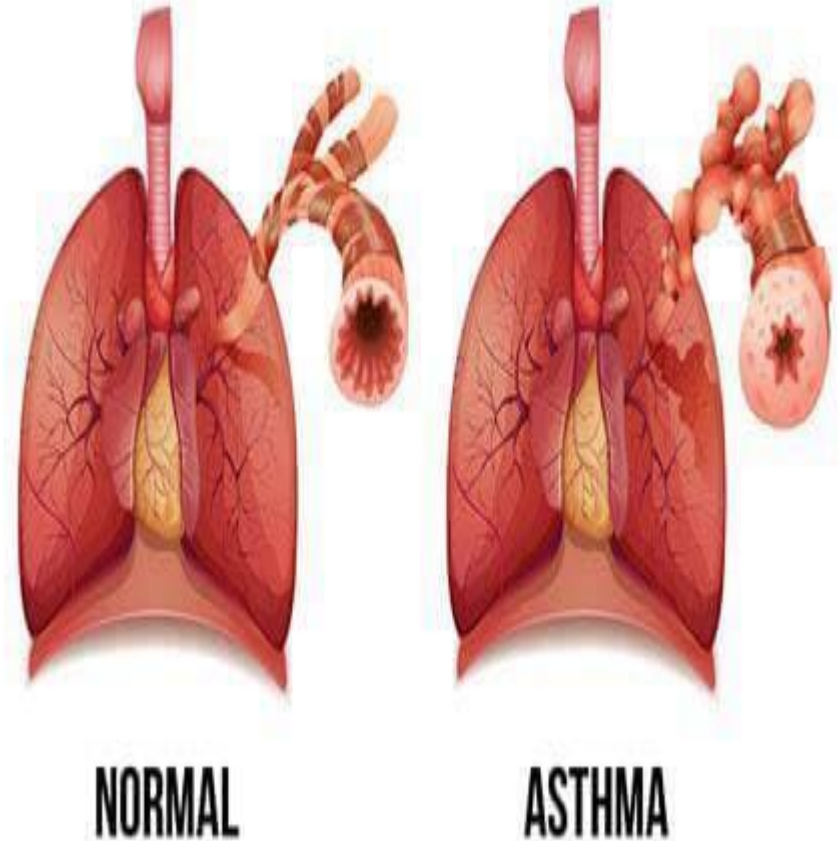
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What is the Asthma ?

Asthma is a condition where a person's ability to breathe is impeded by a combination of inflammation of the airways (which causes swelling that narrows the passages) and excessive mucus production (which obstructs the passages).



What causes asthma ?

- ❑ **Exercise induced bronchoconstriction** . You might hear this called exercise induced asthma. It happens during physical activity, when you breathe in air that's drier than what's in your body, and your airways narrow. It can affect people who don't have asthma, too. You'll notice symptoms within a few minutes after you start to exercise, and they might last 10 to 15 minutes after you stop
- ❑ **Allergic asthma** . Things that trigger allergies, like dust, pollen and pet dander, can also cause asthma attacks.
- ❑ **Non allergic asthma** . This type flares in extreme weather. It could be the heat of summer or the cold of winter. It could also show up when you're stressed or have a cold.



POLLUTION



SMOKING



BACTERIA AND VIRUSES



GENETIC



PETS



HOUSEHOLD CHEMICALS



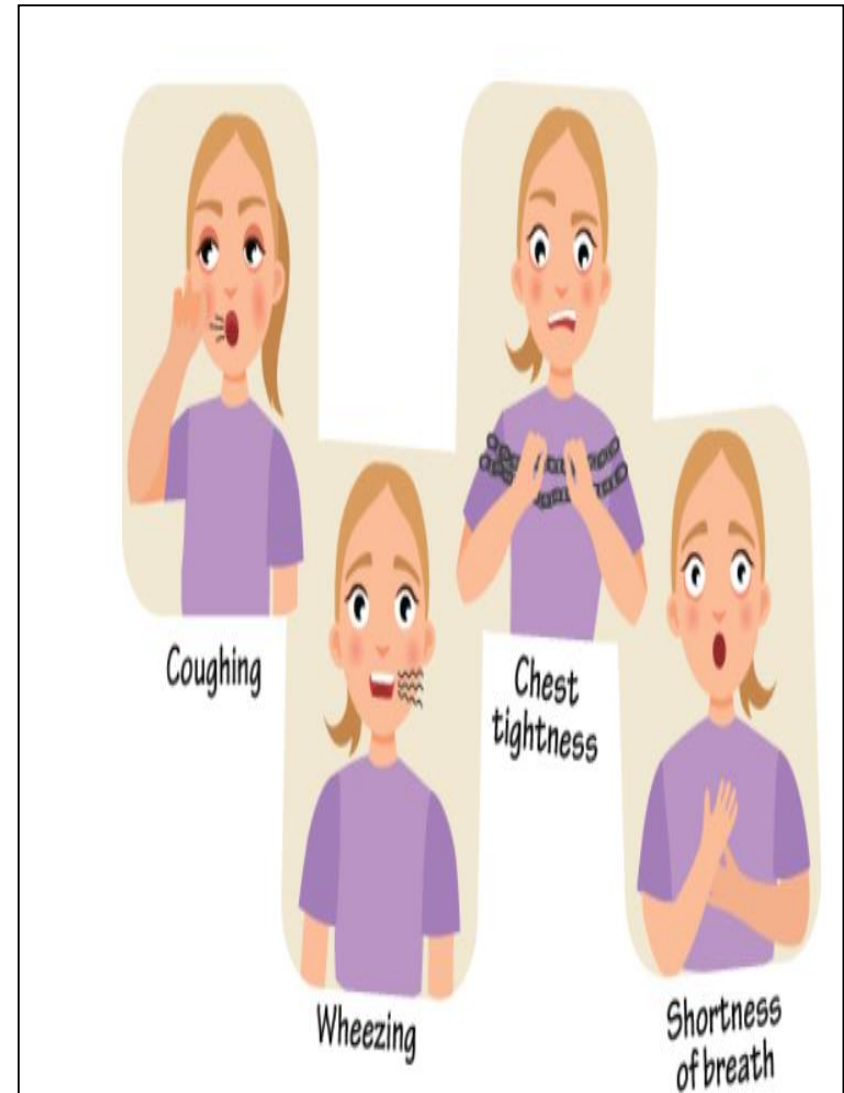
DUST



What are the symptoms of asthma??

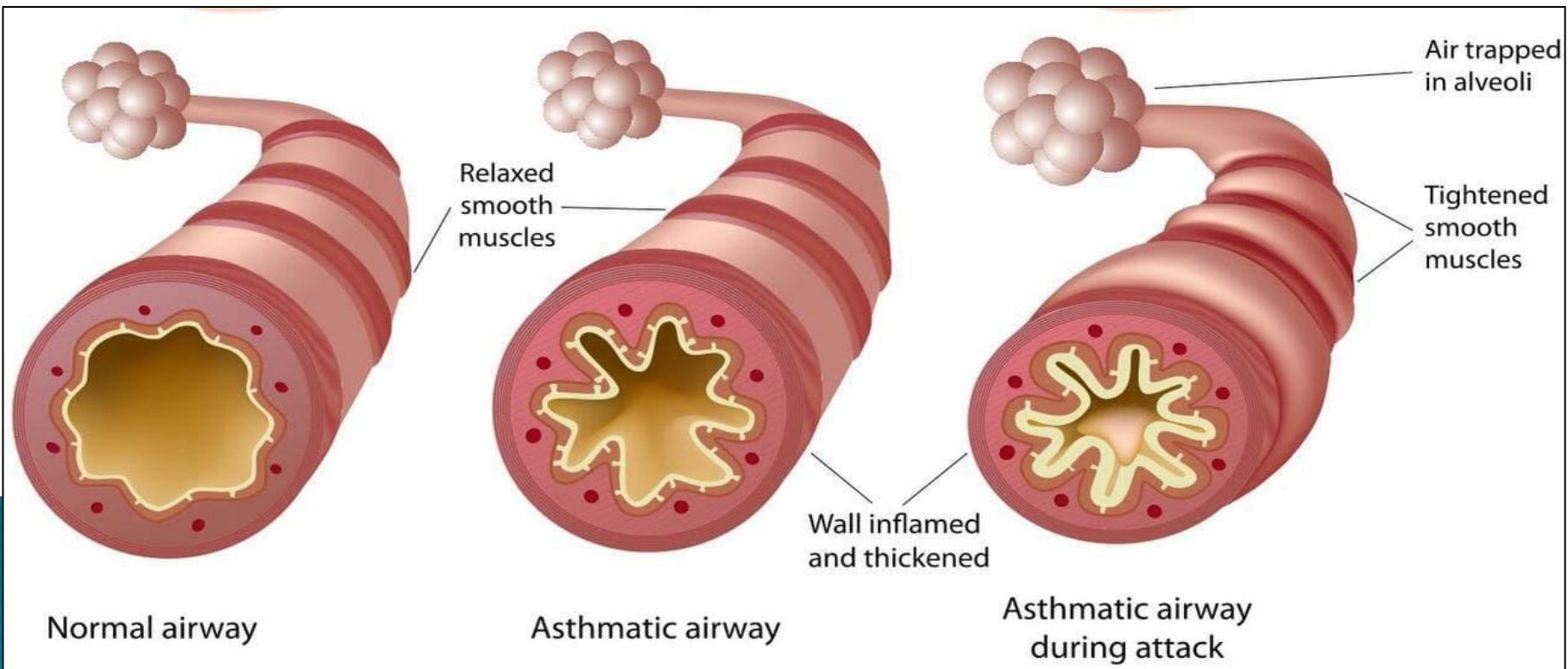
These problems may cause symptoms such as:

- **Coughing**, especially at night or in the morning .
- **Wheezing**, a whistling sound when you breathe
- **Shortness of breath** .
- **Tightness, pain** , or pressure in your chest.
- **Trouble sleeping** because of breathing problems



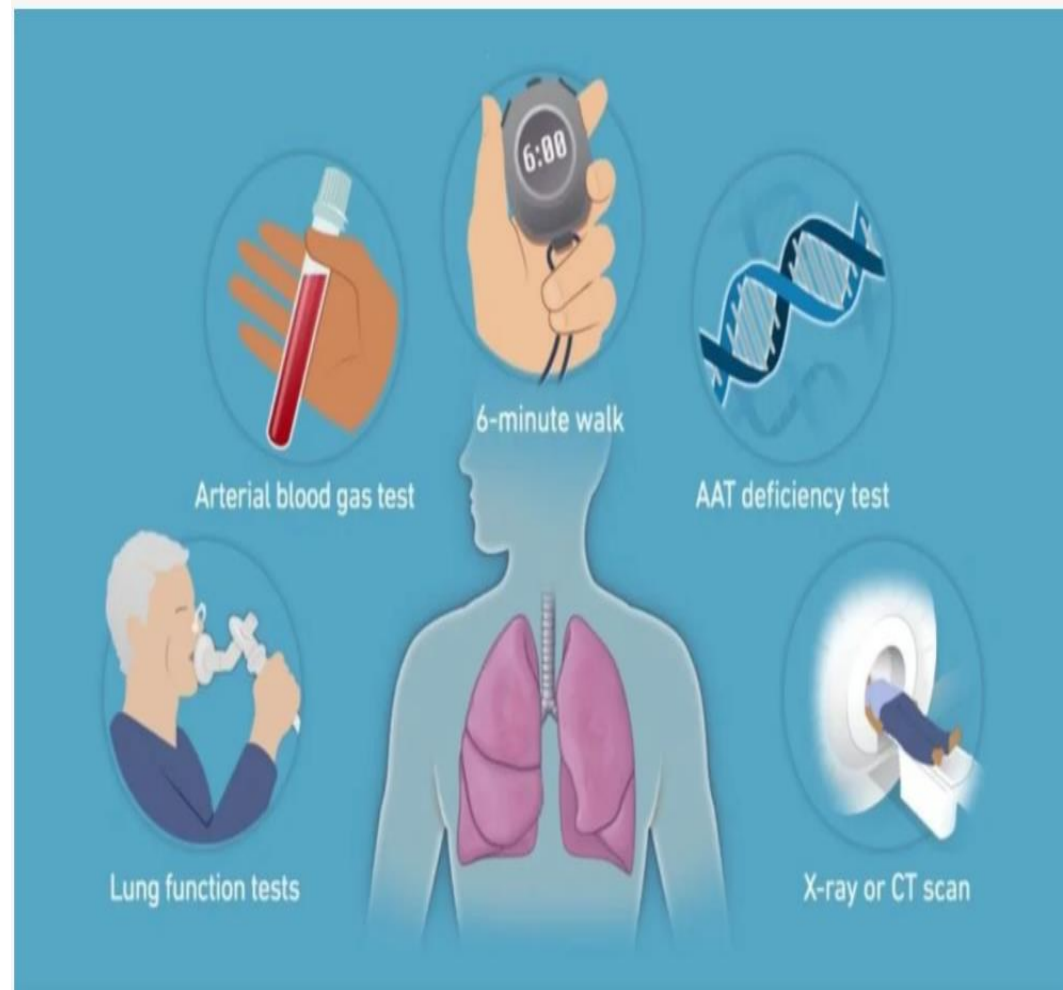
What is asthma attack?

- ❖ An asthma attack is the episode in which bands of muscle around the airways are triggered to tighten.
- ❖ This tightening is called bronchospasm. During the attack, the lining of the airways becomes swollen or inflamed, and the cells lining the airways make more and thicker mucus than normal.



How is asthma diagnosed ?

- ❖ **Spirometer** This simple breathing test measures how much air you blow out and how fast
- ❖ **Chest X ray** It isn't an asthma test, but your doctor can use it to make sure nothing else is causing your symptoms.
- ❖ **Allergy tests** These can be blood or skin tests. They tell if you're allergic to pets, dust, mold, and pollen. Once you know your allergy triggers, you can get treatment to prevent them
- ❖ **CT** This test takes a series of X rays and puts them together to make a view of your insides. A scan of your lungs and sinuses can identify physical problems or diseases (like an infection) that may cause breathing problems or make them worse





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