

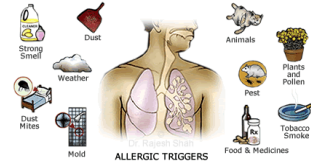
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Basics of Asthma + Cause + Group Affected

Basics:

- Asthma is a chronic lung disease that inflames and narrows the airways. It causes recurring periods of wheezing, chest tightness, shortness of breath, and coughing.



Cause:

- Airborne allergens, such as pollen, animal dander, mold, cockroaches and dust mites.
- Respiratory infections, such as common cold.
- Physical activity (exercise-induced asthma).
- Cold air.
- Air pollutants and irritants, such as smoke.
- Sulfites and preservatives added to some types of foods.
- Gastroesophageal reflux disease, a condition in which stomach acids back up into your throat.

Groups Affected:

- Asthma affects people of all ages, but it is most impacted in the beginning of childhood. More than 25 million people are known to have asthma; 7 million of these people are children. Asthma is most commonly found between the age of 6 to 40.

Asthma

Victoria Perry

May 29th, 2016

4th Hour



Symptoms of Asthma + How the Disease Affects the Body

Symptoms:

- Cough - can occur at night, during exercise, can be chronic, dry, with phlegm, mild, or severe.

•Respiratory -difficulty breathing, wheezing, breathing through the mouth, fast breathing, frequent respiratory infections, rapid breathing, or shortness of breath at night.

- Misc. - acute episodes, chest tightness, anxiety, early awakening, fast heart rate, or throat irritation.

Affects the Body:

- Asthma affects the body by limiting the flow of air into the lungs. When certain substances trigger an asthma attack, cholinergic receptors in the airways respond by tightening the muscles which is called bronchoconstriction. It triggers a sequence of reactions in the body which contributes to increased inflammation and mucus secretions. The organs affected by asthma are the lungs. The body system affected by asthma would be the respiratory system.
- Asthma also affects person mentally and emotionally. The psychological impact that asthma has on any individual person is determined by many factors like: asthma severity,

limitation of activities due to asthma, social and family support available, age at which asthma symptoms started, level of asthma-related skills and knowledge, and overall personality and coping style.

Some feelings a person with asthma may endure are: fear and anxiety, hyper vigilance, loss of control, denial, anger, guilt, embarrassment, and confusion.



History of Asthma

Asthma was originally discovered in ancient Egyptian times; however, there is evidence that asthma has been around even before those times. The Georg Ebers Papyrus contains prescriptions written in hieroglyphics for approximately over seven-hundred remedies. In China a few hundred years ago, it was highly common in China to give a person with asthma herbs containing ephedrine from which they could inhale beta-agonists. The term asthma, however, comes from the Greek verb *aazein* which means “to pant”, “to exhale with the open mouth”, and “sharp breath.” Aretaeus of Cappadocia an ancient Greek master clinician wrote

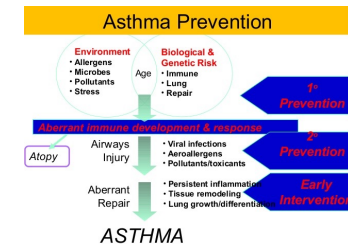
a clinical description of asthma. Galen, an ancient Greek physician, wrote several mentions of asthma which agreed with the Hippocratic texts and some of those of Aretaeus of Cappadocia.

He described asthma as bronchial obstructions and treated it with owl's blood in wine.

Asthma Affects a Person + Prevention of the Disease

Affects on a Person:

- A person with asthma may endure feelings such as fear and anxiety, loss of control, guilt, embarrassment, and confusion. It messes with a person's mental stability.



Prevention of Asthma:

There is no way to prevent asthma, but there are ways to deal with asthma and the asthma attacks.

- Following your asthma action plan.
- Getting vaccinated for influenza and pneumonia.
- Identify and avoid asthma triggers + monitor your breathing.
- Identify and treat attacks early.
- Take your medication as prescribed.
- Pay attention to increasing quick-relief inhaler use.