Asthma Causes and Treatment

by Book_mydoctor

Article published on June 4th 2012 | Health

Asthma is a disorder that causes the airways of the lungs to swell and narrow, leading to shortness of breath, chest tightness, and coughing. Asthma is a disease that affects the airways that carry air to and from your lungs. People who suffer from this long lasting disease are said to be asthmatic.

Asthma is Incurable

Asthma is an incurable illness. However, with good treatment and management there is no known reason why a person with asthma cannot live a normal and active life.

Asthma cannot be cured, but it can be controlled with proper medication.

You have a better chance of controlling your asthma if it is diagnosed in the early stages and treatment is begun right away.

With ongoing proper treatment, people with asthma can have fewer and less severe attacks.

Without treatment, they will have more frequent and more severe asthma attacks and can even result to death.

Asthma Causes

The exact cause of asthma is yet unknown.

Some people are born with the tendency to have asthma, while others are not. Researchers are trying to find out why these variations occur. An asthma attack is a reaction to an invader. It is similar in many ways to an allergic reaction.

Because asthma is a type of allergic reaction, it is sometimes called reactive airway disease.

Each person with asthma has his or her own unique set of triggers. Most triggers cause attacks in some people with asthma while they may not cause harm to others. The Common triggers of asthma attacks are the following:

Exposure to tobacco or wood smoke,

Breathing polluted air,

Inhaling other respiratory irritants such as perfumes or cleaning products,

Exposure to airway irritants at the workplace,

Breathing in allergy-causing substances such as molds, dust,

An upper respiratory infection, such as a cold or flu

Exposure to cold, dry weather,

Emotional excitement or stress,

Physical exertion or exercise done by the patient

Symptoms of asthma

The main symptoms that signal an asthma attack are as follows:

They can be breathlessness, chest tightness, coughing, and difficulty in speaking.

Symptoms may occur during any part of the day. If they happen at night, they may disturb your sleep.

In some asthma attacks, the airways are blocked such that oxygen fails to enter the lungs. This also prevents oxygen from entering the blood stream and traveling to the other vital organs of the body. Asthma attacks of these kinds can be fatal, and the patient may require urgent hospitalization.

How to treat asthma?

If you suffer from asthma you should see your doctor as soon as possible. They will help you find out what triggers your asthma symptoms and how you could avoid them. You will also be prescribed medications which will help you manage your asthma and get relieved.

With time and experience you will learn to keep away from things that irritate your airways, know when to take your medication, and better control your asthma. Effective asthma control measures allow you to take part in normal everyday activities.

Article Source:
http://www.articleside.com/health-articles/asthma-causes-and-treatment.htm - Article Side

Book_mydoctor - About Author:
This article has been written and posted by a health advisor working at bookmydoctor.com, who also provides free of cost consultancy to patients and advise on various topics like a causes of asthma by visiting the site, you can read articles on a symptoms of asthma and a treatment of asthma and for more information click the Hyperlink.

Article Keywords:
causes of asthma, symptoms of asthma, treatment of asthma

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!