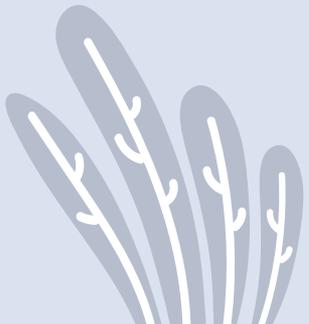


Introduction to Asthma



Module 1 Questions



1. Which of these is a SIGN of asthma?

- a) A rash
- b) Sneezing
- c) Wheezing
- d) Itching

2. Which of these is a symptom of asthma?

- a) Getting tired quickly
- b) Coughing, even when you're not sick
- c) All the answers
- d) Shortness of breath

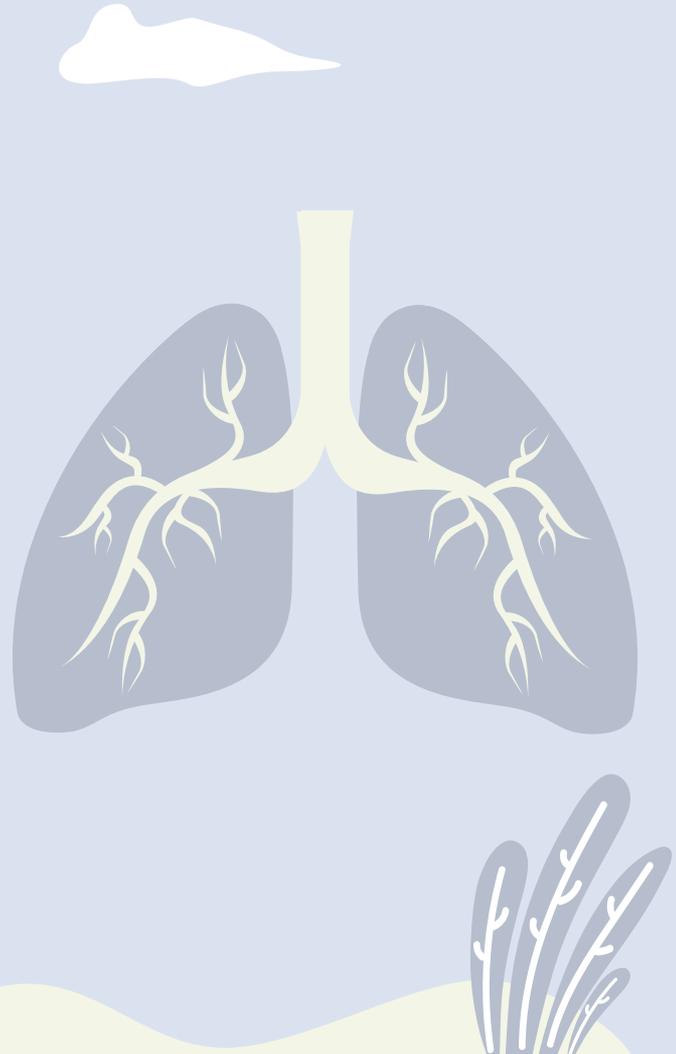
3. True/False: Asthma is caused by inflammation and bronchoconstriction.

- a) True
 - b) False
- 

What is Asthma?

Asthma is an immune system disorder that is caused by inflammation in the airways.

- Asthma can start at any age. It start at very young age or develop in adulthood
- Asthma might go away as kids get older. However, these symptoms might come back again later in their life.
- Asthma is not contagious; in other words, you cannot get asthma from someone else who has it.



Asthma and Inflammation

Asthma causes inflammation and bronchoconstriction

- *Inflammation*: swelling in the lining of the lungs
- *Bronchoconstriction*: Smooth muscles tighten around the airways → airways become tighter → breathing becomes harder
- Excess mucus/snot production also makes airways narrower

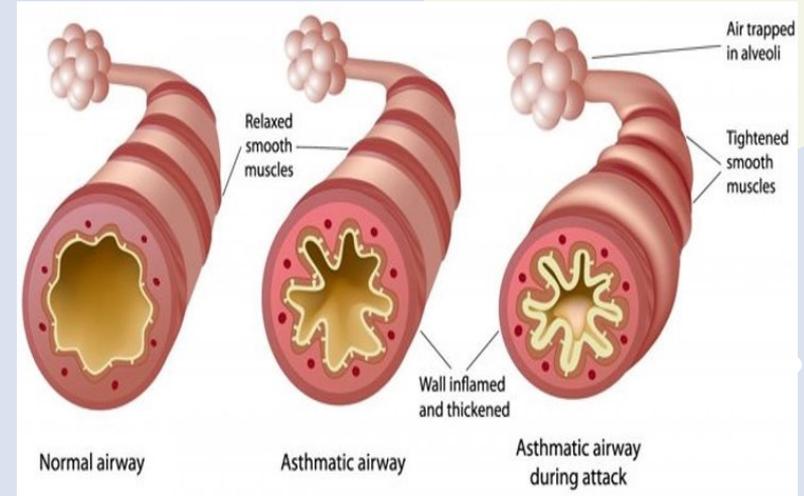


Photo Credit: <https://www.cfspharmacy.pharmacy/blog/post/oral-ketotifen-some-novel-uses>

Symptoms of Asthma

Signs and symptoms:

- Wheezing
- Coughing (even when you are not sick)
- Chest tightness
- Shortness of breath
- Getting tired quickly
- Retraction (sinking of the areas in the neck and between the ribs when someone is trying to inhale)

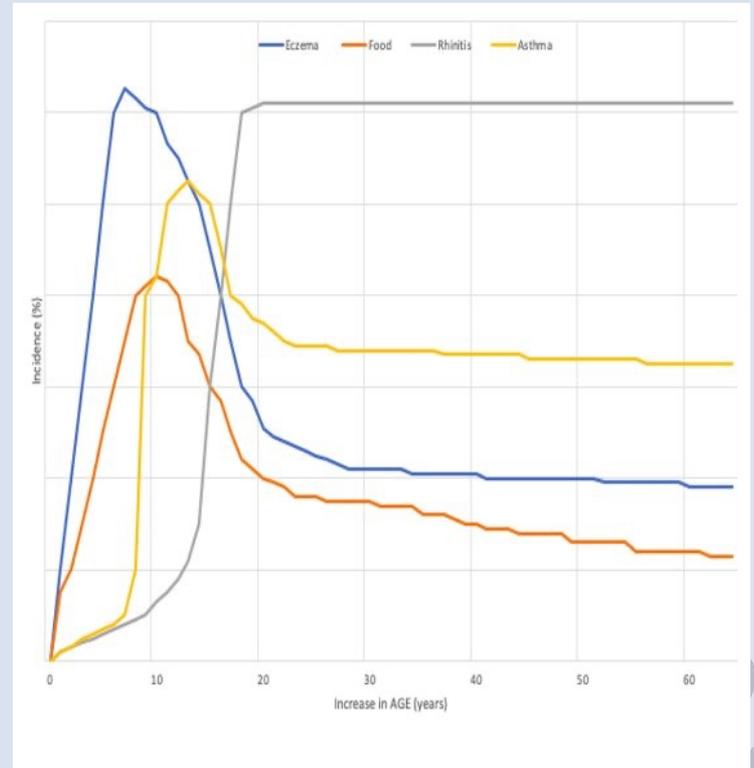


- Symptoms can vary from person to person. You may have one or several of these symptoms. Even if you are only showing one symptom, it should still be taken seriously.
- Some people may only have cough as a symptom. There are people with asthma who may never wheeze.

Atopic March

Eczema → Food Allergy → Hay Fever → Asthma

- Eczema at a young age can in some cases be the earliest sign of the “*atopic march*,” which is the progression from eczema to the later development of food allergy, hay fever, and asthma.
- If you have a history of eczema, food allergies or hay fever you are at an increased risk to develop asthma.



Prevalence of each atopic diseases are as a person gets older

Module 1 Questions (Revisited)



1. Which of these is a SIGN of asthma?

- a) A rash
- b) Sneezing
- c) Wheezing
- d) Itching

2. Which of these is a symptom of asthma?

- a) Getting tired quickly
- b) Coughing, even when you're not sick
- c) All the answers
- d) Shortness of breath

3. True/False: Asthma is caused by inflammation and bronchoconstriction.

- a) True
 - b) False
- 