Asthma Triggers/Symptoms

An Asthma trigger is any material or condition that causes inflammation in the airways, which then leads to asthma symptoms. Some of these triggers include:

- Viral Infection
- Animals/Pets
- Pollutants/chemicals
- Exercise
- Smoke
- Cold air
- Strong smelling perfumes or scented substances

Signs of Worsening Symptoms

Asthma symptoms vary between each individual and can be more severe in some people compared to others. Some signs of deteriorating symptoms include:

- Shortness of breath
- Chest tightness/ pain in the chest
- Intense wheezing or coughing

If symptoms intensify/worsen, call your doctor immediately.



When to Seek Help

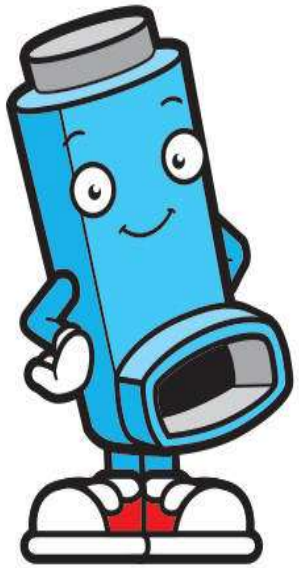
Triggers can affect each patient differently so it is important to know your symptoms and when to seek medical attention. It is highly suggested that patients only seek medical attention if symptoms worsen to the point of an asthma attack. These severe signs/symptoms include:

- Severe breathlessness or excessive wheezing
- No improvement in symptoms after taking a rescue inhaler
- Severe tightness in the chest

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ASTHMA: HELPFUL TIPS AND INFORMATION

Maple Kidz Clinic

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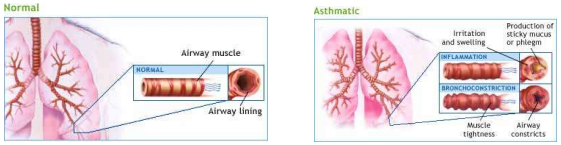
What is Asthma?

Asthma is known as a **chronic lung disease that inflames and narrows the airway passages**. Asthma can affect people of all ages, however is most common in children, often starting before six years of age. The prevalence of asthma in Canada has increased over the past 20 years and it is estimated that over 3 million Canadians have or have had Asthma within their lifespan. As of today, there are no cures for this disease, however this does not limit or restrict children and their activities in any way. There are several ways to manage it as well as prevent it from worsening in the future which still allows patients to live a healthy and happy lifestyle.



The Science Behind Asthma

Asthma is caused due to the inflammation and narrowing of one's breathing passages. This can also lead to a buildup of mucus which can plug and further narrow the airway. In a normal scenario, air is inhaled through the nose and mouth and travels through the trachea and bronchi and can be transferred to the rest of the body with ease. In an asthmatic scenario, people often have trouble breathing when they are in the presence of what are called "triggers", which essentially worsen one's ability to breathe. This can happen due to the narrowing of the airway passage and due to the sensitivity of the muscle that surrounds it, causing the airway to become inflamed or tightened.





Different types of Puffers

There are various types of devices that all have different roles when it comes to administering the medication to the patient's lungs. These are all divided amongst **4 main categories:**

- Standard Metered Dose Inhalers (MDI)
- Breath-activated/ Dry Powder Inhalers
- Spacer Devices→ Used with MDI's
- Nebulizers

Rescue vs Control Puffers

Asthma medications come in one of the two main types: Rescue inhalers and control inhalers. **Rescue medications** work immediately to quickly relieve asthma symptoms when they occur. **Control medications** are taken frequently to prevent any symptoms from occurring long term.