

Asthma



Asthma is a chronic disease that affects people of all ages, which causes the muscles surrounding the airways to swell and narrow. Consequently, presenting difficulty breathing such as cough, wheezing, shortness of breath, among others.

Symptoms

Asthma symptoms can be different depending on the person. Some of them are:

- Persistent cough
- Difficulty to sleep
- Chest pain or stiffness

These tend to be more intense at night or during physical activity.

What can cause an asthma attack?

Exposure to allergens and/or substances environmental irritants, such as dust mites, fumes, chemicals, etc., can increase the risk of an asthma attack. It is worth mentioning that an asthma attack can last from minutes to days.

How is the diagnosis made?

The doctor will examine your lungs with a stethoscope. Additionally, he or she will check your medical history and ask about your symptoms. You may also need tests, including: lung function test, chest x-ray, allergy testing, and arterial blood gases.

Treatment

Asthma has no cure; however, it can be improved through different treatments. The objectives are: control inflammation of the airways, help you carry out normal routine activities and limit exposure to substances.

Some of these medications are for controlling asthma attacks (as a maintenance treatment) and others are quick relief for use during attacks (as a rescue dose). Allergy tests can find factors that are causing asthma attacks. To keep asthma under control, it is necessary to use medications as recommended by your doctor and maintain an action plan.

What does the action plan consist of?

The asthma action plan is a written document to manage the disease. This must include:

•Instructions for using medications.

•List of things that trigger an asthma attack and how to avoid them.

•Recognize when asthma gets worse and when to call your doctor or visit an emergency room.

Social and Emotional Aspect

For recommendations, tools and resources on how you and your family can cope with the emotional and physical concerns that arise during and after treatment, please visit your primary doctor or contact the following telephone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References:

<https://medlineplus.gov/spanish/ency/article/000141.htm>

<https://www.who.int/es/news-room/fact-sheets/detail/asthma>

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