ASTHMA sa Pilipinas
OUTLINE OF DISCUSSION

Extent of Asthma
What is Asthma
Signs and Symptoms
Diagnosis of Asthma
Treatment for Asthma
Preventive Measures
FAQs
Ilan ang Asthmatic sa Mundo?

300 Million

250,000 deaths/year

Ilan ang Asthmatic sa Pilipinas?

Prevalence sa Pinas: 8.7%

1 : 11
Function of the Lungs:
• To provide OXYGEN to the blood & body
• To remove CARBON DIOXIDE from body
What is Asthma?

“A chronic inflammatory condition which affects the size and shape of the airways causing breathing difficulties”
Normal Airway

“Maluwag ang daloy ng hangin sa ating airways”

- Relaxed smooth muscles
- Thin mucus lining
- Airway open
- Minimal mucus
Asthmatic Airway in an attack

Smooth muscles contract
Lining and walls become swollen and thicken
Excessive mucus produced

“Makipot at namamaga ang airways”

“Maraming mucus”

narrowed airways → trapped air
Symptoms

Difficulty of Breathing

Coughing

Wheezing

Chest Tightness
Diagnosis of Asthma

- Doctor Consult
- Spirometry
- Peak flow
Treatment for Asthma

Take Medications ALWAYS With Doctor’s Advice !!!
Preventive Measures

Regular Check ups sa duktor. Stop Smoking!
Gamitin ang mga gamot na pinayo ng duktor.
Umiwas sa mga Asthma Triggers !!!

- Smoke
- Strong emotions
- Furry pets
- Exercise
- Changes in the weather
- Cockroaches
- Pollen
- Cold weather
- Mold & mildew
- Food allergies
- Dust
- Strong smells
1. What Are the Side Effects of my Bronchodilator Medicine?

- Possible Side effects of bronchodilators are:
  - Rapid heartbeat
  - Slight headache
  - Nervousness
  - Tremor

- Bronchodilator medicines are **NOT** addictive!
FAQs

2. How Can I Discover my Allergies?

• If you suspect that you may have allergies as a trigger for your asthma, consult your doctor and ask if skin testing or any other procedures needed to properly identify your allergies.
FAQs

3. How Can I Prevent an Asthma Attack?

• Minimize asthma triggers
• Take your asthma medicine
• Quit smoking
• Get annual flu shots
4. Can Asthma Drugs Affect my Baby if I'm Pregnant?

- It is normal for mothers-to-be to feel uneasy taking medications while pregnant.
- However, if a pregnant woman has asthma, it is especially important that her asthma is well controlled not only for her own health but also for the health and development of her unborn child.
- If you are pregnant or thinking of becoming pregnant, discuss your asthma with your doctor so your airways can be stabilized and appropriate medications prescribed.
- The risks of uncontrolled asthma in pregnancy are greater than the risks of necessary prescribed asthma drugs.
5. How Can I Prevent Asthma Symptoms After Exercise?

- You shouldn't avoid exercise because of exercise-induced asthma. Inhaled medication taken prior to exercise can usually help control and prevent exercise-induced asthma symptoms. The preferred medications are short-acting beta 2-agonists such as salbutamol.
- In addition to taking asthma medicine, warming up prior to exercising may help prevent an attack.
- For those with known allergies, outside exercise should be limited during high pollen days.
- Outside exercise should also be limited when temperatures are very low or air pollution levels are high.
- The presence of viral infections, such as colds, can also increase symptoms, so it's best to restrict your exercise when you're sick.
6. I'm Exposed to Substances at Work That Worsen my Asthma. What Can I Do to Prevent This?

- Generally, if asthma symptoms are worse on days that you work, and improve when you are at home for any length of time (weekends, vacations) and then reoccur when you return to work, occupational asthma should be considered. This may be allergy related or an irritant reaction from exposure to triggers in the workplace. Identification and avoidance of triggers and starting an appropriate medical treatment plan will help to stabilize your airways and decrease symptoms. Ask your doctor to refer you to a specialist, preferably an allergist, to begin the correct treatment program.
7. I Have Heartburn; Can It Worsen Asthma?

• Heartburn is often a sign of a disease called GERD (gastroesophageal reflux disease). Although studies have shown a relationship between asthma and GERD, the exact relationship is uncertain. GERD may worsen asthma symptoms and make asthma harder to treat. If you have coughing that is not completely resolved by taking your asthma medications, then inform your doctor. GERD can be one of the reasons this is happening.
FAQs

8. What Do I Do If I Have an Asthma Attack?

• An asthma attack is a sudden worsening of asthma symptoms caused by the tightening of muscles around your airways (bronchospasm).

• If you are experiencing an asthma attack, follow the "Red Zone" or emergency instructions in your asthma action plan immediately.

• If you have trouble breathing, walking or talking, or you have blue lips or fingernails, ask someone to bring you to nearest ER.