

# **ASTHMA BASIC FACTS**

Staying safe and well with asthma



#### WHAT ARE AIRWAYS?

Airways are found in your lungs. Airways make up a network of tubes used to carry air in and out of the body when you are breathing.

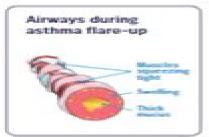
## WHAT IS ASTHMA?

Asthma is a long-term lung condition which can be controlled but cannot currently be cured. People with asthma have sensitive airways. These airways are more likely to react to triggers. The lining of the airways is thicker and inflamed. When a person with asthma has an asthma flare-up, the muscles around the airway squeeze tight, the airways swell and become narrow, and there is more mucus. This makes it hard to breathe.

An asthma flare-up can come on slowly (over hours, days or even weeks) or very quickly (over minutes). A sudden or severe asthma flare-up is sometimes called an asthma attack. Any person with asthma can have an asthma flare-up.

The good news is, for most people, asthma can be well-controlled by following a daily management plan. People with well-controlled asthma have irregular asthma symptoms and very few flare-ups. This means that people with asthma can live healthy, active lives.





#### **ASTHMA FACTS**

- 1 in 9 people in Australia have asthma. That is around 2.7 million people (11% of the population)
- 389 people died from asthma in 2018
- 38,792 Australians were hospitalised in 2017-18
- Approximately 80% of asthma hospitalisations are preventable

To view the latest asthma statistics online, visit asthma.org.au/about-asthma/understandingasthma/statistics

## **HOW DO YOU RECOGNISE ASTHMA?**

People with as thma can have a range of symptoms:

- Breathlessness
- Wheezing
- Tight chest
- Persistent cough
- Symptoms often occur at night, early in the morning or during/after activity

A person's asthma symptoms can vary over time sometimes they will have no symptoms, especially when asthma is well-controlled. Symptoms often vary from person to person.

## WHO GETS ASTHMA AND WHY?

Asthma affects people of all ages. Some people get asthma when they are young; others when they are older. The causes are not entirely understood, although people with asthma often have a family history of asthma, eczema and hay fever. There is some evidence that exposure to environmental factors such as workplace chemicals or tobacco smoke can lead to asthma.

Researchers continue to try to find out more about what causes as thma and how we might prevent it.

# **Asthma The Facts**

Albert J. Heuer

#### **Asthma The Facts:**

**Asthma** Donald John Lane, Anthony Storr, 1979 **Asthma, the Facts** Asthma Society of Ireland. Medical Asthma, the Facts ,1962 Asthma the Facts Health Education Bureau, Asthma Society of Committee, 1984 **Asthma** Donald John Lane, 1979 **Asthma** British Lung Foundation, 1993 Ireland, 1984 100 Ouestions & Answers about Asthma. Asthma Facts .2004 Skills-Based Health Education Mary Connolly, 2018-08-21 The Second Edition of Skills Based Health Education provides pre service and practicing teachers with the pedagogical foundation and tools to develop a comprehensive PreK 12 health education program using the National Health Education Standards It takes each standard by grade span provides scenarios based on research to explain the skill and then provides a step by step approach to planning assessment and instruction Early chapters connect skills based health education to coordinated school health and the national initiatives of the Centers for Disease Control and Prevention Healthy People 2020 The Whole Child and 21st Century Skills The remaining chapters provide guidance to plan implement and assess performance tasks Readers are shown how to establish student needs select content and skill performance indicators to meet those needs and plan and implement assessment and instructions The Clinician's Guide to Surviving IT Alan Gillies, 2006 The NHS is currently in the middle of the biggest information technology project in Western Europe which will fundamentally change the working practices of all NHS staff over the next five years This book explains to ordinary clinicians why they should be bothered with IT and what their responsibilities are in making it work. This book provides an enlightening and reassuring read that dispels ignorance and suspicion The user friendly style is helpful and friendly panels with tips warnings reflective pauses and key points highlight important details It is also suitable for use as a student textbook The Clinician's Guide to Surviving I T is a must for every doctor nurse and midwife in the NHS Ward-based Critical Care: a guide for health professionals Ann M Price, Dr Sally A Smith, Dr Alistair Challiner, 2016-01-01 Like the original Ward based Critical Care this second edition aims to guide practitioners in the initial management of critically ill adult patients within the ward setting It should be of value to a wide range of healthcare professionals including junior doctors nurses physiotherapists and students It will also be relevant to practitioners who are moving into any setting that cares for acutely ill patients This volume has been slightly reorganised since the first edition to ensure that practical aspects are incorporated within the relevant sections The book is still structured around the ABCDE approach to assessing and managing patients as this is promoted in critical care and resuscitation care training The focus on practical examples and hot tips to aid memory of key points continues All the chapters have been updated with the most recent guidance as available at the time of writing This has meant that some chapters have required major revisions while others have remained relatively unchanged Some new chapters have been included such as the ones on anaphylactic shock patient safety dealing with pregnant women in the ward setting and massive blood transfusion In addition each section now starts with a chapter giving an overview of the A E approach in order to

provide more detail about assessing and managing those aspects of patient care This informative book contains many useful features such as clinical scenarios hot tips and practical skills and the text is richly illustrated and cross referenced throughout Asthma. The Facts. 20 Ed LANE DONALD J., STORR Anthony, 1987 On asthma Henry Hyde Salter, 1882

The Easy Guide to Understanding and Managing Your Asthma Second Edition Winfred Henson, 2022-01-08 Ignorance about the disease of asthma kills Knowledge about asthma saves lives This book will teach you how to recognize the signs of asthma How to correctly identify the asthma severity category based on symptoms pulmonary function interference with your daily activities or your use of guick relief medicines This book will answer guestions you need to know the answers to like Do I have asthma How do I know when and how to use my medicine How do I use the different devices the asthma medicines come with What is a peak flow meter and why do I need one Will I grow out of this Can I still engage in my favorite sport How does my medicine work What's happening inside my lungs when I m having an asthma attack First well discuss exactly what asthma is and why it s dangerous Various definitions of asthma have been used over the years but as the medical community has learned more about the disease the definition has been made more and more accurate In this book we ll explain how your various asthma medicines work by pointing to their place of action within the current asthma definition We ll discuss at length how the various asthma devices are used and point out the things you should always do and the things that you should never do We ll explain what a trigger is and how to avoid them We ll make this often complicated subject of asthma a simple matter that you ll easily be able to understand and remember Can I tell vou about Asthma? Leslev Mills, 2012-10-15 Alfie invites readers to learn about asthma from his perspective and describes what it feels like to have an asthma attack how to use an inhaler what the common triggers are and how people around him can help The appealing illustrations make it an ideal introduction for children and a great resource for parents friends teachers and nurses

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