



ASTHMA

WHAT IS ASTHMA?

Asthma is a condition caused by chronic inflammation of the airways , where the mucous membranes lining the airways, become highly sensitive when exposed to irritants such as dust mites or pollen. This can lead to swelling and which may cause shortness of breath and a decrease in oxygen levels.

• Causes of asthma :

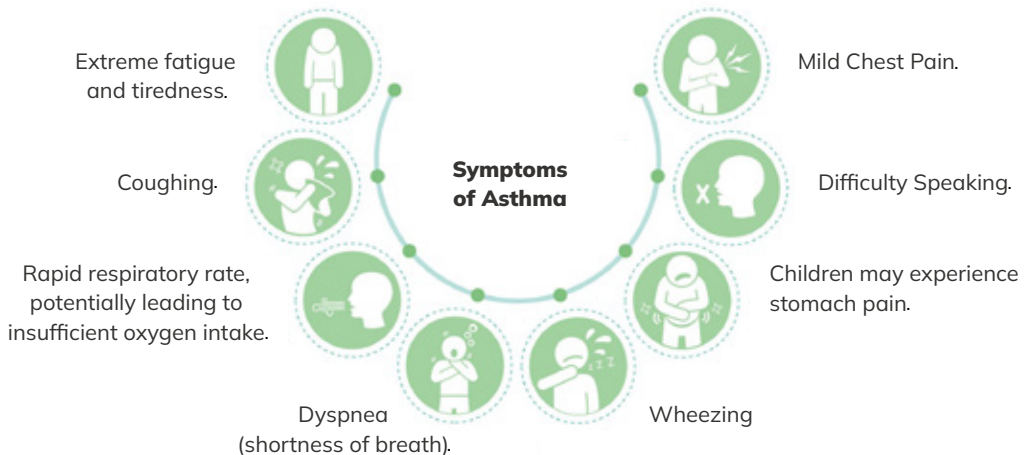
1. Genetic factor

It plays a role in various allergic diseases, including asthma, nasal, and skin allergies. Therefore, asthma is more common in families with a genetic predisposition to these conditions.

2. Allergens

- Animals.
- Mites.
- Dust.
- Smoking.
- Chemicals.
- Herbs.

• Asthma symptoms :



- The patient may not experience all of these symptoms, but only some of them, and the severity of the symptoms varies from one person to another.
- The treating physician can diagnose asthma based on the patient's medical history and a clinical examination.

- **Asthma Treatment :**

Stay away from irritants, triggers, and factors that exacerbate asthma, and take precautions to avoid them.

- **Asthma treatment typically involves two types of medication:**

Bronchodilators, such as Ventolin, are fast-acting medications primarily used to relieve asthma attacks and facilitate breathing. Although effective, they are considered a temporary treatment for symptoms, as the symptoms may return once their effect wears off. These medications are used as needed to relieve asthma attacks and shortness of breath.

- **Preventive Medication:** treats allergic inflammation and often contains cortisone. This type of medication should be taken regularly as per medical instructions. It serves as a preventive measure, meaning it should be continued even in the absence of symptoms to prevent allergic reactions and asthma attacks. However,

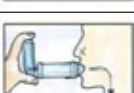
- **To prevent asthma attacks :**

1. Avoid allergens.
2. Take medications regularly.
3. Follow and adhere to the treatment plan.

- **Important points :**

- Asthma is not contagious, as some people may think, and it can affect a person at any age.
- There is no difference between asthma and chest allergy as they are two names for the same disease and of the same severity.
- Asthma inhalers are not addictive. In some cases, patients may need to use them permanently. Depending on the monitoring of the condition, the doctor may adjust the dosage, increasing, decreasing, or even discontinuing it as necessary.
- Most patients see an improvement in asthma symptoms and a reduction in the frequency of attacks, and it can be controlled by avoiding triggers and allergens, using appropriate medication, understanding and following the treatment plan, and living a normal life, but it cannot be completely cured.

• How to use therapeutic inhalers :

1. Remove the plastic cap from the inhaler and the spacer.	
2. Shake the inhaler well .	
3. Insert the inhaler into the back of the spacer.	
4. Place your lips tightly around the spacer mouthpiece and press the inhaler once.	
5. Breathe normally five times (inhalation and exhalation) through the spacer.	
6. Repeat the steps if the doctor recommends using more than one puff at a time, waiting for half a minute between each puff.	

MY ASTHMA ACTION PLAN A community resource in Arabic

مريض جدا
(خطر)
Very unwell (Danger)



الاستيقاظ من النوم في معظم الليالي مع سعال/صفير/ضيق في الصدر
I wake up most nights with a cough / wheeze / tight chest.

صعوبة في التكلم
Hard to speak.

البخاخ الأزرق لا ينفع
Blue puffer not working.

اتبع خطوات «ما يتوجب القيام به في حالة ربو طارئة»
Follow what to do in an asthma emergency.

بصحة غير جيدة جدا
Not so good / Worsening



الاستيقاظ أحيانا من النوم مع سعال/صفير/ضيق في الصدر
Sometimes wake from sleep with cough / wheeze (whistling noise) / tight chest.

احتاج البخاخ الأزرق أكثر من مرتين في الأسبوع
Need blue puffer more than twice a week.

راجع طبيبك
Go to your doctor.

بصحة جيدة
Well controlled



تنفسي طبيعي وامايس حياتي بشكل جيد
Breathing well and living life well.

احتاج البخاخ الأزرق أقل من مرتين في الأسبوع
Need blue puffer less than 2 times a week.

ما يتوجب القيام به في حالة ربو طارئة

WHAT TO DO IN AN ASTHMA EMERGENCY A community resource in Arabic

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إذا لم تزل تشعر بعدم تحسن، اتصل بالإسعاف على الرقم ٩٩٧. استمر بأخذ 4 بخات كل 4 دقائق حتى وصول الإسعاف.

If still not better, call an ambulance: 997. Keep on giving 4 puffs every 4 minutes until the ambulance comes.



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إذا لم تشعر بتحسن، خذ 4 بخات أخرى من البخاخ الأزرق مع استخدام مبادعة (spacer) - تنفسي 4 مرات بعد كل بخة زرقاء لمدة ٥ ثوانٍ و بعد كل بخة تنفسي من فمك ٥ مرات (شعيق و زفير) و كرر هذا ٤ مرات

If not better, take 4 more puffs of blue puffer with a spacer. Take 4 breaths after each

انتظر 4 دقائق
Wait 4 minutes.



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خذ 4 بخات من البخاخ الأزرق مع استخدام مبادعة (spacer) - تنفسي 4 مرات بعد كل بخة

Take 4 puffs of blue puffer with a spacer. Take 4 breaths after each puff.

انتظر 4 دقائق
Wait 4 minutes.



علامات الربو الخطرة
Signs of very dangerous asthma.



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اجلس معتدلا
Sit up.



فقيه.

مجموعة فقيه للرعاية الصحية
Fakeeh Care Group

