



ASTHMA

WHAT IS ASTHMA?

- Asthma is a condition caused by chronic inflammation, where the mucous membranes lining the trachea become hyperresponsive as a result of exposure to allergens such as dust mites or pollen. This may lead to swelling and constriction of the airways. In such cases, symptoms like shortness of breath (SOB) and a lack of oxygen can occur

• causes of asthma :

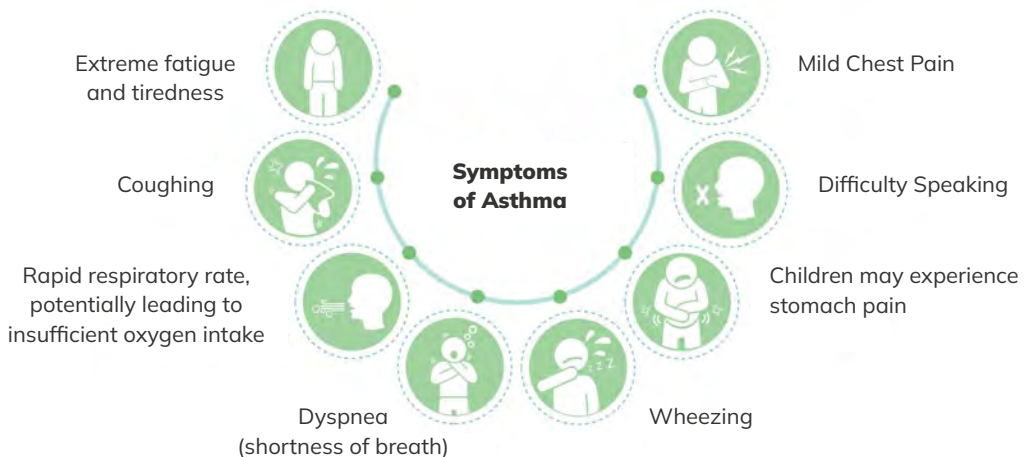
1. Genetic factor

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 :



- Not all patients will experience all of these symptoms; they vary in number and severity from one person to another

The treating physician can diagnose asthma based on the patient's medical history & a clinical examination

- **Asthma Treatment :**

1. Stay away from irritants, triggers, and factors that exacerbate asthma, & take precautions to avoid them
 2. **Asthma treatment typically involves two types of medication:**
 - Bronchodilators, such as Ventolin, are fast-acting medications primarily used for relief during asthma attacks and to alleviate shortness of breath. While effective, they are considered symptomatic treatments since the condition may recur once their effect wears off. These medications are used as needed
 - **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. days 3 to 2 However, it's important to note that this medication typically takes effect after
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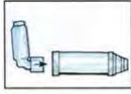

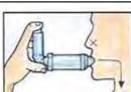

- **To prevent asthma attacks :**

1. Avoid allergens
 2. Take medications regularly
 3. Follow and adhere to the treatment plan
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- **Some important points :**

- Asthma is not contagious, contrary to what some may believe, and it can occur 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
- While most patients see an improvement in asthma symptoms & a reduction in the frequency of attacks, asthma cannot be completely cured. It can be managed effectively through avoidance of allergy triggers and allergens, using appropriate treatments, adhering to a well- designed treatment plan, and maintaining a normal lifestyle

• **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 three to four times through the spacer	
6. If prescribed more than one puff at a time, repeat these seconds between each puff 30 steps, waiting about	

مريض جدا
(خطر)



Very unwell (Danger)

اصحو 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

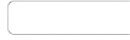


اصحو أحيانا من النوم مع سعال/صفير/ضيق في الصدر

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 طبيعيا وأحيا 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

4



إذا لم تزل تشعر بعدم تحسن، اتصل بالإسعاف على الرقم 000. استمر بأخذ 4 بخات كل 4 دقائق حتى وصول الإسعاف.

If still not better, call an ambulance: 000. Keep on giving 4 puffs every 4 minutes until the ambulance comes.



3



إذا لم تشعر بتحسن، خذ 4 بخات أخرى من البخاخ الأزرق مع استخدام مبادئ (spacer) - تنفس 4 مرات بعد كل بخة

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

انتظر 4 دقائق
Wait 4 minutes.



2



خذ 4 بخات من البخاخ الأزرق مع استخدام مبادئ (spacer) - تنفس 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.



1



اجلس معتدلا
Sit up.



فقيه.

مجموعة فقيه للرعاية الصحية
Fakeeh Care Group

