



## Facts about asthma

1. Asthma is a chronic inflammation of the lung airways that causes cough, chest tightness, wheezing or shortness of breath.
2. It occurs in people of all ages; the prevalence is increasing in developing countries.
3. An estimated 334 million people have asthma worldwide.
4. Asthma affect about 10.7- 13% of 13-14-year-old in Nigeria.
5. It is a frequent cause of hospital visit, emergency attendance and absenteeism from school and work?
6. Asthma symptoms can be triggered by exposure to an allergen (such dust mites, animal dander, cockroaches, irritants in the air (such as smoke, chemical fumes or strong odors) or extreme weather conditions. Exercise or an illness – particularly a respiratory illness or the flu – can trigger an attack. Certain drugs (may also bring about symptom.
7. Asthma sufferer may have a family history of asthma or other atopy such as allergic Rhinitis, allergic Sinusitis or conjunctivitis
8. Weather conditions such as extremely dry, wet, dusty, windy weather can worsen an asthma symptom.
9. Asthma can be control with appropriate medications.
10. Effective asthma treatment includes monitoring the disease with a peak flow meter, identifying and avoiding allergen triggers, using drug therapies including bronchodilators and anti-inflammatory agents, and developing an emergency plan for severe attacks.
11. There are two types of asthma medications: long-term control and quick-relief medications. Long-term control medications are preventive, taken daily to achieve and maintain control of asthma symptoms. Quick-relief medications are used to treat asthma attacks. They relieve symptoms rapidly and are taken on an as-needed basis.
12. Effective medications for controlling asthma is inhaled corticosteroids, which are anti-inflammatory medications. Taken as directed, these are well-tolerated and safe medications and can improve asthma control and normalize lung function.
13. Healthcare visits to a primary care physician or an asthma specialist, as well as the ability to purchase prescription asthma medications, are vital to asthma care and management.