

Overview of asthma.

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Accepted on 20 April, 2021

Commentary

Asthma is a disease that causes the airways to narrow and swell, as well as generate excess mucus. This can make breathing difficult, resulting in coughing, whistling (wheezing) on exhalation, and shortness of breath. Asthma is a mild annoyance for some people. Asthma is a mild annoyance for some people. For some, it can be a big issue that prevents them from going about their everyday lives and can even lead to a life-threatening asthma attack.

A condition in which a person's airways become inflamed, narrow and swell and produce extra mucus, which makes it difficult to breathe. Asthma may be mild or serious, causing difficulty with everyday activities. It may result in a life-threatening attack in some cases. Asthma can cause breathing problems, chest pain, coughing, and wheezing. Symptoms can flare up from time to time. Asthma is normally treated with rescue inhalers (salbutamol) to relieve symptoms and controller inhalers to avoid symptoms (steroids). Longer-acting inhalers that hold the airways open (formoterol, salmeterol, tiotropium), as well as inhalant steroids, may be needed in severe cases.

Symptoms of asthma include:

Wheezing

Coughing, especially early in the morning or at night

Chest tightness

Shortness of breath

Not all people who have asthma have these symptoms. Having these symptoms doesn't always mean that you have asthma. Your doctor will diagnose asthma based on lung function tests, your medical history, and a physical exam. You may also have

allergy tests. When your asthma symptoms become worse than usual, it's called an asthma attack. Severe asthma attacks may require emergency care, and they can be fatal. Asthma is treated with two kinds of medicines: quick-relief medicines to stop asthma symptoms and long-term control medicines to prevent symptoms.

Asthma is a condition in which your airways narrow and swell and may produce extra mucus. This can make breathing difficult and trigger coughing, a whistling sound (wheezing) when you breathe out and shortness of breath. For some people, asthma is a minor nuisance. For others, it can be a major problem that interferes with daily activities and may lead to a life-threatening asthma attack. Asthma can't be cured, but its symptoms can be controlled. Because asthma often changes over time, it's important that you work with your doctor to track your signs and symptoms and adjust your treatment as needed.

Asthma is a chronic disease that affects your airways. Your airways are tubes that carry air in and out of your lungs. If you have asthma, the inside walls of your airways become sore and swollen. That makes them very sensitive, and they may react strongly to things that you are allergic to or find irritating.

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Citation: Yang F. Overview of asthma. *Allied J Med Res.* 2021;5(2).