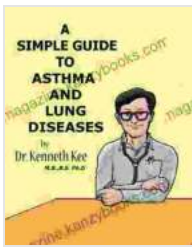


Simple Guide to Asthma and Lung Diseases: Empowering You with Knowledge and Solutions

Unveiling the Mysteries of Respiratory Health

Embark on an enlightening journey into the world of asthma and lung diseases. This comprehensive guide serves as your trusted companion, demystifying these conditions and equipping you with the knowledge and tools to navigate your respiratory health with confidence. By understanding the intricacies of your condition, you can effectively manage your symptoms, prevent complications, and lead a fulfilling life.



A Simple Guide to Asthma and Lung Diseases (A Simple Guide to Medical Conditions) by Kenneth Kee

★★★★☆ 4.6 out of 5

Language	: English
File size	: 132 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 62 pages
Lending	: Enabled
Screen Reader	: Supported



Chapter 1: Unveiling Asthma: Symptoms, Triggers, and Diagnosis

ASTHMA SYMPTOMS



wheezing



cough



shortness
of breath



tachycardia



difficulty
breathing



pale and
wet skin



dyspnea



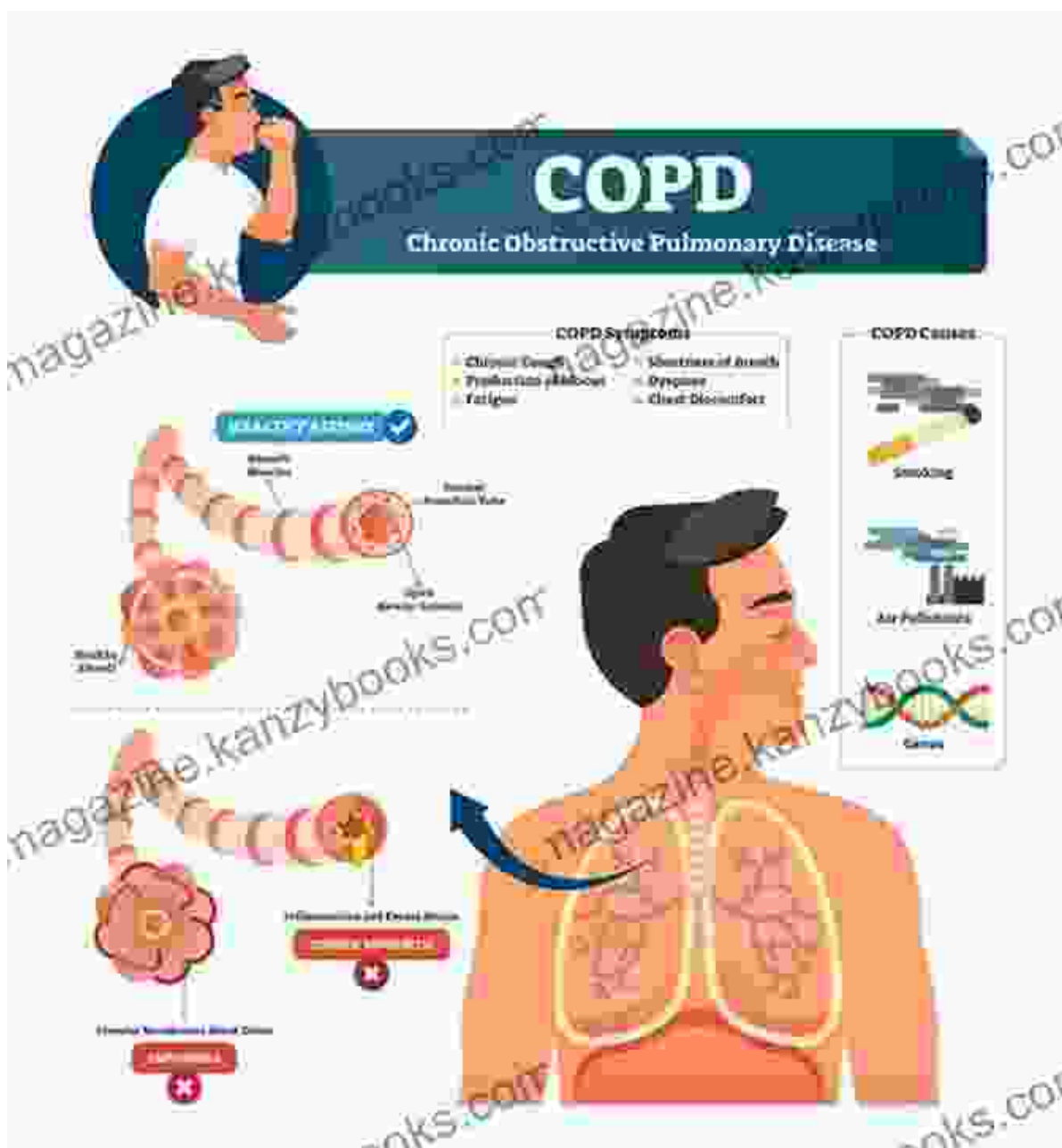
chest
tightness

Asthma, a chronic respiratory condition, affects millions worldwide. Understanding its symptoms and triggers is crucial for effective management. This chapter provides a comprehensive overview of asthma, empowering you with the knowledge to recognize and manage your symptoms effectively.

- Identifying common asthma symptoms, including wheezing, coughing, and shortness of breath

- Uncovering potential triggers that can aggravate asthma, such as allergens and air pollution
- Exploring diagnostic tools and tests used to confirm an asthma diagnosis

Chapter 2: Exploring Lung Diseases: Types, Causes, and Diagnosis



Beyond asthma, this guide delves into the diverse landscape of lung diseases. From common conditions like pneumonia to chronic diseases such as emphysema, this chapter provides an in-depth exploration of their types, causes, and diagnostic processes.

- Understanding the different types of lung diseases, including pneumonia, bronchitis, and emphysema
- Identifying the underlying causes of lung diseases, such as infections, smoking, and genetics
- Exploring diagnostic tests and procedures used to identify specific lung diseases

Chapter 3: Treatment Options for Asthma and Lung Diseases

ASTHMA TREATMENT

RELIEVERS
SABA

 RELIEVER salbutamol 100mcg	 SALAMOL salbutamol 100mcg	 SALAMOL salbutamol 100mcg	 VENTOLIN salbutamol 100mcg	 BIRICANE salbutamol 200mcg
---	--	--	---	---

PREVENTERS
STERIOD

 FLUTICSE fluticasone 100mcg 125mcg 250mcg	 FLOAIR fluticasone 50mcg 125mcg 250mcg	 FLUTICSE fluticasone 50mcg 100mcg 250mcg	 FLOPULOR fluticasone 100mcg 200mcg 400mcg	 BECLOZONE beclomethasone 50mcg 100mcg 200mcg	 QVAIR beclomethasone 50mcg 100mcg
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
CONTROLLERS
LABA

 SERVENT salmeterol 25mcg	 METERED salmeterol 25mcg	 SIBICLIFT salmeterol 50mcg	 QVAIR salmeterol 50mcg	 FORADIL formoterol 12mcg
---	---	---	---	---

COMBINATION
STERIOD LABA

 SERVENT fluticasone / salmeterol 50mcg / 25mcg 125mcg / 25mcg	 FLOAIR fluticasone / salmeterol 50mcg / 25mcg 125mcg / 25mcg	 SIBICLIFT fluticasone / salmeterol 100mcg / 50mcg 250mcg / 50mcg	 SIBICLIFT salmeterol / fluticasone 100mcg / 50mcg 200mcg / 50mcg 400mcg / 50mcg	 QVAIR fluticasone / salmeterol 100mcg / 50mcg 200mcg / 50mcg	 SIBICLIFT fluticasone / salmeterol 100mcg / 50mcg 250mcg / 50mcg
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WellSouth
asthma

 Inhaler using CORTICOSTEROIDS
 NHS dose equivalent to 100mcg
 Pharmacy partial funding




Empowering you with knowledge extends beyond diagnosis and into the realm of treatment. This chapter delves into the various treatment options available for asthma and lung diseases, providing you with a clear understanding of their purpose, administration, and potential side effects.

- Discovering the different types of inhalers and medications used in asthma treatment

- Exploring non-steroidal and steroidal medications for managing lung diseases
- Understanding the importance of lifestyle modifications, such as quitting smoking and managing stress

Chapter 4: Prevention and Management Strategies

Managing Asthma Attacks

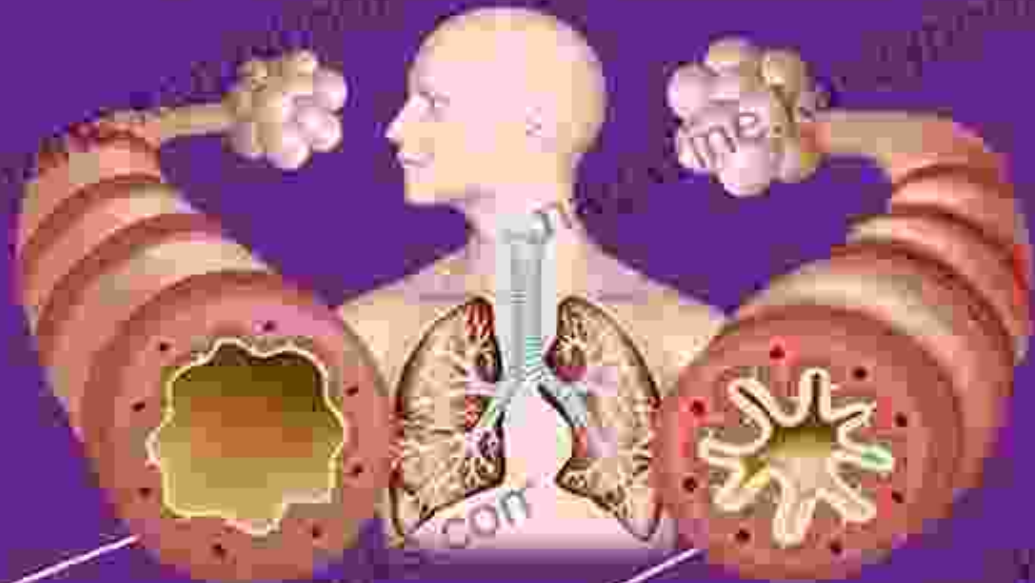
TAKE ACTION	
<p>If any of the following occur:</p> <ul style="list-style-type: none"> • Continuous coughing • Trouble breathing • Chest tightness • Wheezing (whistling sound in chest) <p>Student may also be restless, irritable and/or very tired.</p>	<p>Step 1: Immediately use fast-acting reliever inhaler (usually a blue inhaler). Use a spacer if provided. </p> <p>Step 2: Check symptoms. Only return to normal activity when all symptoms are gone. If symptoms get worse or do not improve within 10 minutes, this is an emergency – follow steps below.</p>
EMERGENCY	
<p>If any of the following occur:</p> <ul style="list-style-type: none"> • Breathing is difficult and fast • Cannot speak in full sentences • Lips or nail beds are blue or gray • Skin on neck or chest sucked in with each breath <p>Student may also be anxious, restless and/or very tired.</p>	<p>Step 1: Immediately use fast-acting reliever inhaler (usually a blue inhaler). Use a spacer if provided. </p> <p>Call 911 for an ambulance. Follow 911 communication protocol with emergency responders. </p> <p>Step 2: If symptoms continue, use reliever inhaler every 5-15 minutes until medical help arrives.</p>
<p>While waiting for medical help to arrive:</p> <ul style="list-style-type: none"> ✓ Have student sit up with arms resting on a table (do not have student lie down unless it is an anaphylactic reaction). ✓ Do not have student breathe into a bag. ✓ Stay calm, reassure the student, and stay by his/her side. ✓ Notify parent/guardian or emergency contact. 	
<p>This publication is provided in Accessibility for Ontarians with Disabilities Act (AODA) electronic format at www.on.lung.ca/resources.</p>	
<p>To learn about asthma call The Lung Association Lung Health Information Line at 1-888-344-LUNG (5884) or visit www.on.lung.ca</p>	
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p>BREATHE the lung association</p> </div> <div style="text-align: center;">  </div> </div>	
	

Prevention is key when it comes to respiratory health. This chapter empowers you with practical strategies to minimize your risk of developing or exacerbating asthma and lung diseases. It also provides invaluable guidance on managing your condition effectively, enabling you to live a full and active life.

- Identifying and avoiding common asthma and lung disease triggers
- Understanding the benefits of exercise and maintaining a healthy weight for respiratory health
- Exploring techniques for managing stress and improving overall well-being

Chapter 5: Living Well with Asthma and Lung Diseases

What happens to your lungs when you have asthma



LUNG WITHOUT ASTHMA

- Muscles relaxed
- Normal airways
- Normal amount of mucus

LUNG WITH ASTHMA

- Muscles tighten
- Airways swell
- Mucus clogs the airways
- Lungs have difficulty moving air in and out



Asthma and Allergy
Foundation of America

aafa.org

Living with asthma or a lung disease doesn't have to define your life. This chapter focuses on empowering you to live a full and rewarding life despite your condition. From navigating social situations to pursuing your passions, this guide provides practical advice and inspiring stories.

- Learning how to manage asthma and lung disease symptoms in different settings

- Discovering strategies for traveling, exercising, and participating in social activities
- Finding support and connecting with others who understand your challenges

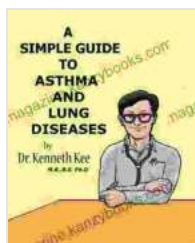
: Embracing a Healthy Respiratory Future

This guide has been your trusted companion on a journey of knowledge, empowerment, and hope. Remember, understanding your condition is the key to managing it effectively. Embrace the strategies and techniques outlined in this book, and you will be well on your way to living a fulfilling and healthy life, breathing with ease.

Take Control of Your Respiratory Health Today!

Don't let asthma or lung diseases hold you back. Free Download your copy of the "Simple Guide to Asthma and Lung Diseases" now and embark on a journey towards healthier breathing and a brighter future. Every breath you take can be filled with confidence and well-being.

Free Download Now



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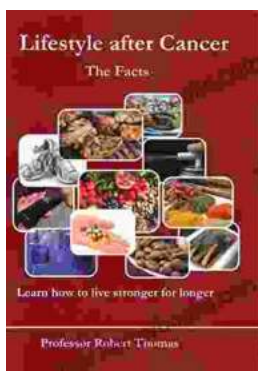
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