

Learning About Asthma

The Texas Asthma Camp for Children is in full swing at Camp Tyler. One of the goals of the camp each year is to teach kids with asthma that they can do anything other kids can do. It's done with a little encouragement and a lot of education. Dr. Mom is there and brings us this report.

Asthma is a chronic lung disease that affects more than 17 million people, 9 million of those affected are children under the age of 18. A child with asthma may be restricted from certain activities, but at the Texas Asthma Camp for Children many children learn that they can have fun and participate in the activities they enjoy. Campers learn that they can take control of their disease by taking their medications daily and by avoiding the triggers that can cause an asthma attack.

What is asthma?

Asthma is a chronic lung disease that occurs when the main air passages of the lungs become inflamed. The inflammation makes the airways smaller, making it difficult for air to move in and out of the lungs. Asthma symptoms make it difficult for children to sleep, exercise, concentrate, or even laugh.

What are asthma symptoms?

- Coughing
- Wheezing or whistling sounds when air is exhaled from the lungs
- Shortness of breath
- Chest tightness

What are some common asthma triggers?

Lots of things can cause asthma symptoms, and they can be different for everyone.

Some common asthma triggers are:

- Cigarette smoke or strong odors
- Cockroach droppings
- Dust mites
- Mold
- Animal dander
- Pollen
- Cold air
- Exercise
- Stress
- Respiratory infections
- Foods

What is asthma management?

Asthma is a chronic disease that requires appropriate treatment so that asthma does not stop you from participating in normal, every day activities.

According to the Guidelines for the Diagnosis and Management of Asthma, there are four components to managing your asthma:

- Measuring lung function to assess the severity of asthma and to monitor the course of treatment

- Environmental measures to avoid or eliminate factors that triggers symptoms or flare-ups
- Medications to manage asthma symptoms
- Patient education

Be informed about what triggers your or your child's asthma. Work with your physician or allergist to take control of your or your child's asthma.

Helpful websites:

- [American Academy of Allergy Asthma and Immunology](#)
- [Tips to Remember: Asthma triggers and management](#)
- [Childhood Asthma](#)
- [What Is Asthma?](#)
- [American Lung Association: Asthma](#)
- [Centers for Disease Control and Prevention: Asthma](#)
- [KidsHealth: Asthma](#)
- [Texas Asthma Camp for Kids](#)