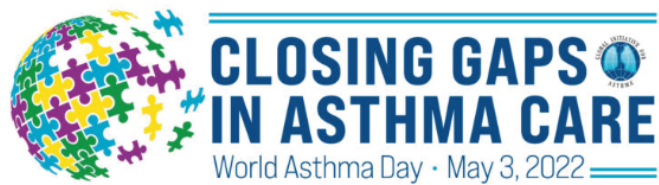


World Asthma Day



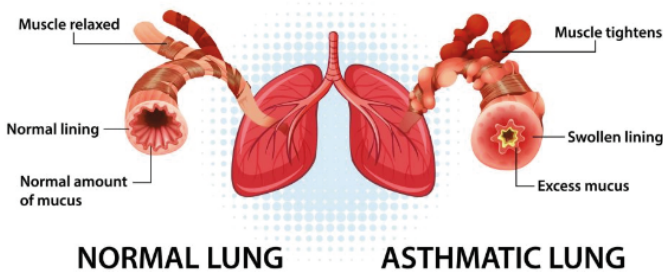
World Asthma Day, celebrated on 3rd May this year, is an annual event organised by the Global Initiative for Asthma (GINA) to improve asthma awareness around the world. The first Tuesday of May every year is celebrated as World Asthma Day. The WHO estimated that asthma affected 262 million people in 2019 and caused 461,000 deaths.

World Asthma Day aims to:

- Raise awareness of asthma symptoms and how to control them
- Educate health practitioners about the importance of the correct diagnosis and disease control
- Enhance asthma patients' awareness on the importance of avoiding and controlling asthma triggers



The theme of World Asthma Day 2022 is “Closing Gaps in Asthma Care”



What is Asthma?

Asthma is a condition affecting children and adults in which the airways narrow, swell, and may produce extra mucus. This can make breathing difficult and trigger coughing, a whistling sound (wheezing) when breathing out, and shortness of breath.

Asthma Signs & Symptoms

The most common symptoms of asthma are:

- Wheezing (a whistling sound when breathing)
- Breathlessness and coughing
- A tight chest – It may feel like a band is tightening around it

Many things can cause these symptoms, but they are more likely to be asthma if they:

- Happen often and keep coming back
- Are worse at night and early in the morning
- Seem to happen in response to an asthma trigger, like exercise or an allergy (such as pollen or animal fur)



Common misconceptions surrounding asthma include:

- Asthma is a childhood disease and individuals will grow out of it as they age
- Asthma is infectious
- Asthmatics should not exercise
- Asthma is only controllable with a high dose of steroids

The Truth is:

- Asthma can occur at any age
- Asthma is not infectious. However viral respiratory infections can cause asthma attacks.
- When asthma is well controlled, asthmatics can exercise and even take part in competitive sports



Asthma Prevention & Management:

Asthma patients can play an important role in controlling and living with the disease if they adhere to the following guidelines:

- Avoid close contact with anyone who has a suspected or confirmed COVID-19 infection
- Avoid asthma risk factors or things that may trigger an attack
- Follow the asthma action plan with the doctor, including a treatment programme, basic check-ups, and regular follow-up visits.
- Take medication as prescribed by the doctor
- Maintain your general health and fitness by eating a healthy diet and exercising
- Avoid smoking or allowing yourself to be exposed to second-hand smoke
- Get vaccinated for seasonal flu to reduce the severity of influenza

There is no cure for asthma, but once it is properly diagnosed and a treatment plan is in place, patients will be able to manage their condition and improve their quality of life.