

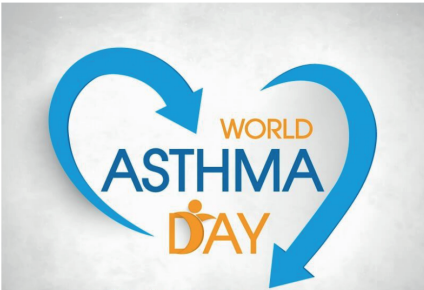
Community Health

World Asthma Day 2021

The World Asthma Day is an annual event organised by the Global Initiative for Asthma (GINA) to improve asthma awareness and control around the world. It is celebrated annually on May 5th. Around 235 million people worldwide suffer from asthma.

World Asthma Day Goals

- To raise awareness of asthma symptoms and how to control them.
- To educate health practitioners about the importance of the correct diagnosis and disease control.
- To enhance asthma patients’ awareness of the importance of avoiding and controlling asthma triggers.



The Theme of Year 2021

“Uncovering Asthma Misconceptions”

The theme shines a spotlight on widely common myths associated with asthma that prevent asthmatics from managing their condition in the optimum way.

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 sport.
- Asthma is mostly controllable with low doses of inhaled steroids



What Is Asthma?

Asthma is a condition 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)

Asthma Prevention & Management:

Asthma patients can play an important role in controlling and living with the disease, if they follow 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 allow yourself to be exposed to second-hand smoke.
- Get vaccinated for seasonal flu to reduce the severity of influenza.

For more information please view the links below:

- [Asthma | CDC](#)
- [Chronic respiratory diseases: Asthma](#)
- [Asthma - Causes - NHS](#)
- [POCKET GUIDE FOR ASTHMA MANAGEMENT AND PREVENTION](#)

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 quality of life will improve.

