



Asthma Attacks



What Is It?

***Asthma Attack**- Worsening of asthma symptoms caused by tightening of the muscles around the airway (bronchospasm)

-Lining of the Airway- becomes swollen, inflamed, with thicker mucus

***Symptoms**- difficulty and rapid breathing, coughing, wheezing, shortness of breath, chest pressure or pain, pale and sweaty face, difficulty talking, blue lips or fingernails (cyanosis), feelings of panic or anxiety, tightened chest and neck muscles

-Cyanosis- less and less oxygen in the blood



Information:



***Exercise**- can trigger as asthma attack

***Mild Asthma Attacks**- the airways open up within a few minutes to a few hours after treatment

***Severe Attacks**- less common, last longer, require immediate medical help

***Untreated**- breathing becomes labored, wheezing gets louder, as lungs tighten the peak flow meter (will be unable to use); if no wheezing this can be dangerous

Early Warning Signs:

***Early Warning Signs**- frequent cough at night, trouble sleeping, reduced peak flow meter readings, shortness of breath, wheezing or coughing after exercise, feeling very tired or weak after exercising, moody or grouchy, signs of a cold (cough, nasal congestion, sneezing, runny nose, sore throat, headache)

WHAT CAN I DO?

***See your Physician he may prescribe**- daily, before activity, during an episode make sure you are treated immediately

***Patient should**- keep a Asthma Dairy, know your Medications, have the phone numbers you need on hand- Emergency Room, Physician, Family member to be contacted

***Talk with a Registered Dietitian**- *Avoid nuts, milk, eggs, peanut butter, shellfish, wheat and soy, for some citrus fruits trigger attacks as well as sulfites, yeast, caffeine

*Try organic fruits, vegetables, spices, tomatoes, **READ ALL LABELS**

*Elevate the head of the bed 8 inches, stay calm, positive attitude, relax



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