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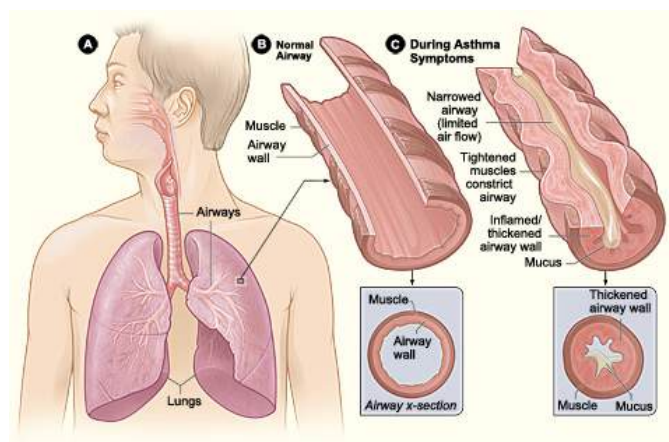
# Asthma



Asthma is an **infection** within the lungs that can make it very difficult to breath. There isn't a cure (yet) but with medications, asthma sufferers can lead relatively normal lives. Asthmatics, people who suffer from asthma attacks, are sensitive to certain things in the air like smoke, animals, dust mites and other things. These "**triggers**" as they are called, can make it very difficult for a sufferer to breath.

## What happen during an asthma attack?

The lungs and airways that bring air to them can become swollen during an **attack**. The triggers cause them to swell, which causes them to become narrower. Think of it as trying to drink using a straw. A large straw is very easy to drink from; you can get a lot of liquid out of it. A very narrow straw is more difficult to use and brings less liquid to you. The same goes for the lungs. When the air passages narrow during an attack, it makes it harder to suck in enough air (Chung et al., 2013). This is shown in the picture to the right.



**Infection:** Something that gets into your body that can make you sick.

**Trigger:** Something like smoke or an animal that causes the asthma attack.

**Attack:** Person has difficulty breathing.

# Ecobottle Sample



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## How to Treat an Asthma Attack

If you can't avoid an asthma attack, you need to know how to treat it. Most of the time, asthma patients can be successfully treated with medication. This medication opens the airways by decreasing the swelling. Most of the time, medication is given through an inhaler that sends the medicine directly into the airways to quickly stop the attack.



Inhalers can only be used to stop an attack. If you want to prevent an attack from happening, there are also long-term medicines that are taken every day to prevent the asthma attacks from occurring.

## Interesting Facts

- Asthma affects 5-10% of the population in many developed countries.
- Doctors don't know exactly what causes asthma in the first place.
- Asthma runs in families so if one of your parents has it, there's a 50% chance you will too. If both have asthma, your chances rise to 70%!
- Smoking while pregnant increases the chance of your child being born with asthma.

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**Hypoallergenic Pets.** Hypoallergenic means anything that produces less allergic reactions. Hypoallergenic pets are pets that product less allergic reactions.

### Reading Comprehension Questions

1. Name
2. What are the two types of asthma medication sufferers can be given to stop and prevent attacks?
3. Name
4. If both

### Extension Questions

5. What is the difference between rescue and long-term medication?
6. Create

# Ecobottle Sample



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