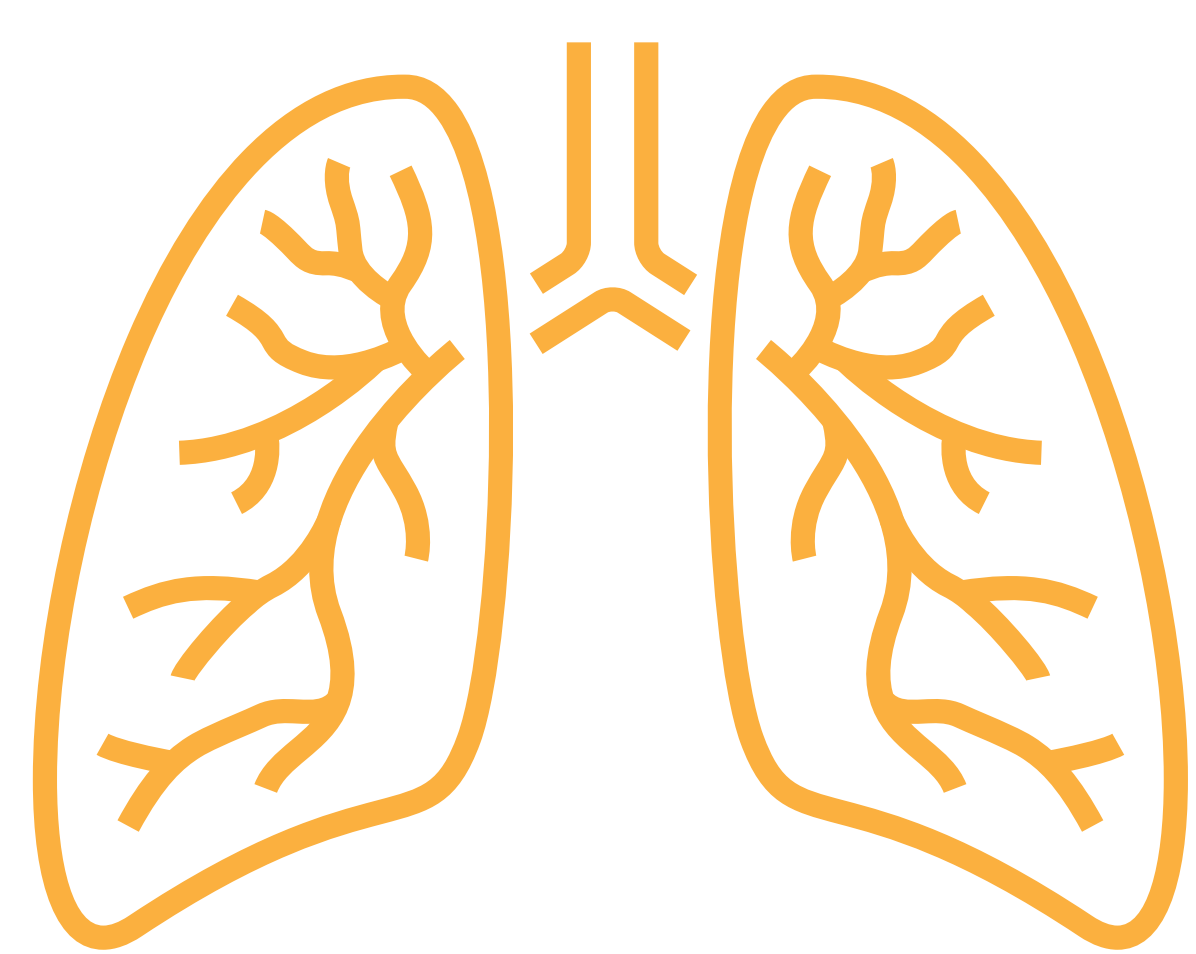


Childhood Asthma

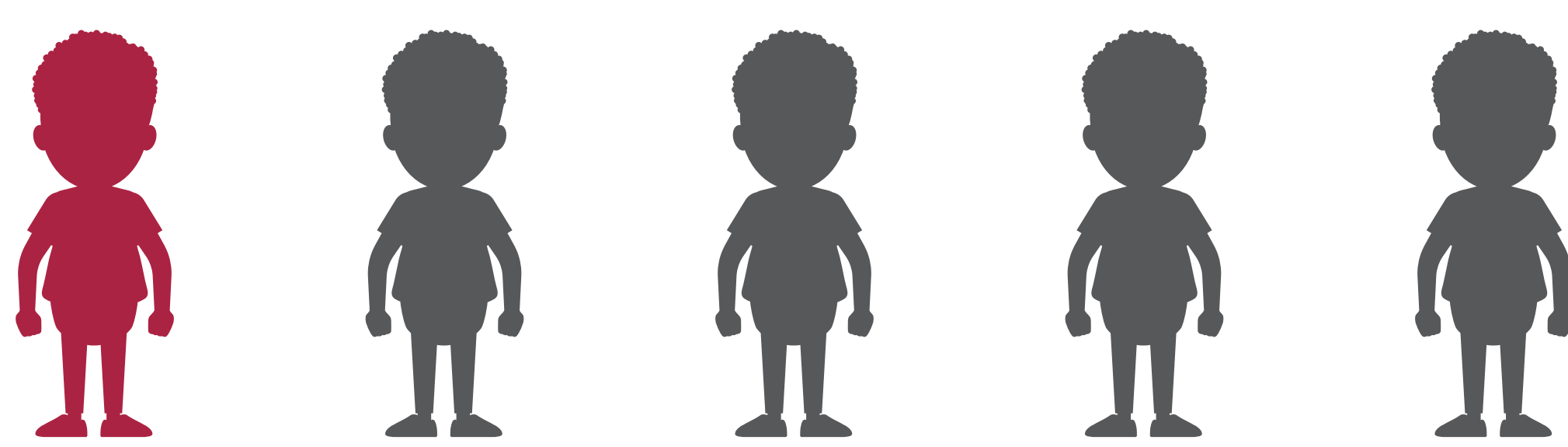


What is asthma?

Asthma is a chronic disease of the lungs that causes difficulty in breathing. When you have asthma, the airways in the lungs become inflamed. This causes the airways to be tight making it hard for air to reach the lungs.

How common is it in Qatar?

Asthma is the most common chronic lung disease in children.
1 in 5 children in Qatar suffer from asthma.



What are the common signs of asthma?



Severe coughing



Shortness of breath



Tightness in the chest (wheezing)



Difficulty concentrating



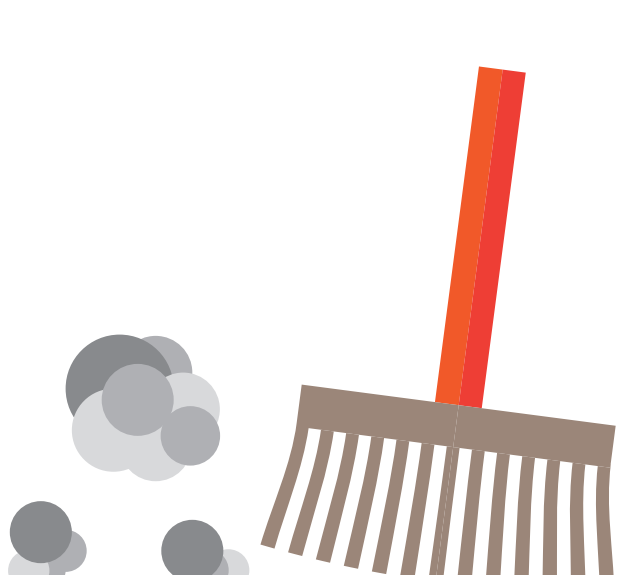
Difficulty breathing



If you think your child may have asthma, contact your child's doctor.
It is never too late or too early to seek help.

What triggers asthma?

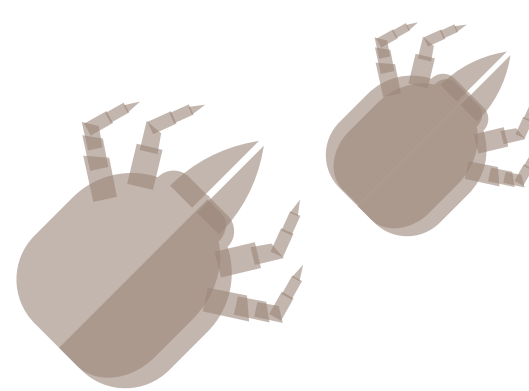
There are certain things that can make your child's asthma worse, and these are called triggers.



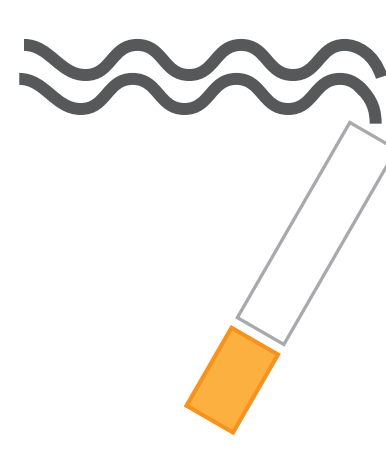
Dust



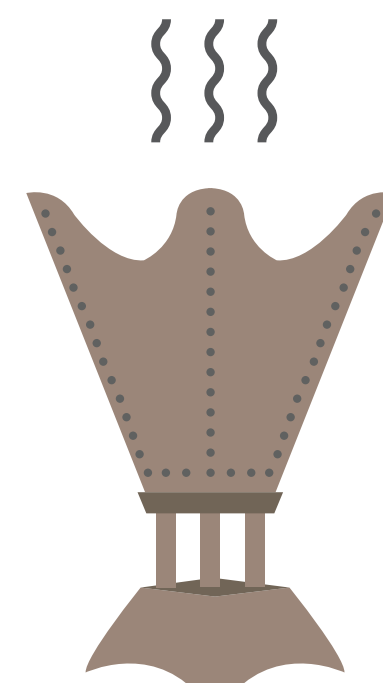
Pets



Bugs



Smoke
(cigarettes, shisha)



Bukhoor
(incense)



Change in weather

How can it be treated?

1. Medication



Inhalers



Nebulizers



Steroids

2. Action plan



Can a child live a normal life with asthma?



Having asthma will not stop your child from having a normal healthy life. They will be able to play sports they enjoy with their friends.

How is asthma managed?



Asthma medications are safe to take. Make sure your child takes their medications regularly to help reduce symptoms.



Try to keep the home environment free from common triggers and allergens.



سدرة للطب
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