PAA PEDS

Pediatric Specialists
in Asthma, Allergy and
Respiratory Disorders

A division of Pulmonary and Allergy Associates

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ASTHMA

Background:

- Asthma is a chronic disease due to inflammation (swelling) of the airways

Symptoms:

- Wheezing – a whistling sound when the child breaths out
- Cough
- Fast breathing
- Complaints of "chest tightness" or "chest hurts"

Asthma Attack:

- Spasm or tightening of the muscles around the airway plus inflammation and mucus

Common Triggers:

Upper Respiratory Infections	Exercise
Allergies	Exposure to smoke

Treatment:

2 components: 1. Medications to help prevent asthma attacks and reduce inflammation
2. Medications when as asthma attack occurs

Controller Medications:

- Used to reduce inflammation of the airways.
- Needs to be taken every day, even when you are feeling well.
- Examples: Advair, Asmanex, Flovent, Pulmicort, Singulair

Reliever Medications

- Used when having an asthma attack
- Used to help prevent tightening of the airway muscles
    - Example: albuterol, xopenex, maxair
- May need oral steroids and use directed by physician
    - Examples: Prednisone, Orapred, Prednisilone

SEEK MEDICAL ATTENTION IMMEDIATELY FOR THE FOLLOWING:

BREATHING HARD AND FAST	**NOSE IS FLARING**
RIBS OR NECK MUSCLES ARE PULLING	**LIPS OR FINGERNAILS ARE BLUE**

NO IMPROVEMENT WITH RELIEVER MEDICATIONS

If you have questions about your medications or symptoms contact our office.

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