

Asthma

What Is It?

- **Asthma**- Bronchial passages in the lungs constrict, or narrow making it harder for oxygen to flow in and out of the lungs, makes breathing difficult, restricts air flow
- **Inflammation of the Airways**- redness/swelling in the lungs



What are the symptoms?

- **Attack**- like trying to breath through a straw, much harder to catch their breath
- **Lungs Sensitive to**- cold weather, pet dander, smoke, dust, exercise, stress, food, cigarette smoke, chemicals, pollution, mold, roaches, exercise, infections, sleeping
- **Symptoms**- Wheezing, shortness of breath, tightness in chest, coughing, throat clearing, cranky, tired, restless, runny nose, dry mouth, skin irritation, pale, sweaty, sunken space between ribs, poor posture, breathing fast--some children outgrow



Information:

- **Women more likely to have**- 15 million Americans have Asthma, 50%-heartburn
- **Most Chronic Childhood Disease**- may last years or a lifetime, test for food allergies

Diet for Asthma:

- **Well-balanced**- maintaining a healthy immune system, drink lots of fluids
- **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

What Can I Do?

- **See your Health Care Provider**- to prescribe daily, before activity, during an episode-
 - **Corticosteroid**- for inflammation-**Inhaled Steroids**- to prevent attacks
 - **Cromolyn**- fights inflammation (may last for weeks), inhaled, lungs less sensitive
 - **Bronchodilators**- relax muscles in the airways, treat symptoms not inflammation
 - **Leukotriene Blockers**- block inflammation, pill form, few side effects
- **AVOID**- anger, being embarrassed/afraid, guilty, depressed
- **Talk with a Registered Dietitian**- for meal planning and fluids
 - **Fluids**- juices, water, popsicles, broths, cream soups, ice cream, Sherbet, milkshake
 - **Meals**- several small meals may work better than 3 large meals

