

ASTHMA

Meaning: Asthma is a chronic respiratory condition characterized by inflammation and narrowing of the airways, often triggered by allergens, leading to difficulty in breathing.

1. Asthma can be triggered by allergens such as pollen and dust mites.
2. Many children outgrow their asthma symptoms as they get older.
3. Using an inhaler can provide immediate relief during an asthma attack.
4. Regular check-ups with a healthcare provider are important for managing asthma.
5. Exposure to smoke can worsen asthma symptoms significantly.
6. Some athletes have asthma but can still perform at high levels with proper management.
7. The asthma action plan outlines steps to take in case of an exacerbation.
8. Environmental factors play a crucial role in the severity of asthma symptoms.
9. Learning to recognize early warning signs can help prevent serious asthma attacks.
10. Asthma education is essential for both patients and their families to ensure proper care.

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