

An abstract graphic featuring three blue circles of varying sizes and two thin blue lines. One large circle is at the top, a smaller one is in the middle, and another large one is at the bottom right. Two thin blue lines intersect to form a V-shape, with one line passing through the top circle and the other passing through the middle circle.

# **Asthma Research Project**

Take a deep breath, everything will be fine

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## Introduction

Asthma is a continuous breathing disorder that is quickly increasing in America. Swelling and narrowing of the lungs are a result of asthma, thus causing wheezing and coughing constantly. Asthma has hit more than 17 million Americans, 5.3 million which are youngsters. I see many kids in the park, TV, mall, that are currently with the disease of asthma. Asthma affects many people, especially young people, and children. No one in my family is affected by Asthma, and I thank God for that. Seeing children with Asthma hits me kind of hard because it limits them to any physical activity with their friends. No one should go through Asthma. I would like to do more research on it, and learn more about this disease.

## Cause

According to scientific research, there is no exact cause of asthma, but there are a few things that all people diagnosed with asthma have in common. What all people with asthma have in common is airway inflammation that is sensitive to various triggers. Research is still being focused on why some people build asthma, and why others do not because some people are born with asthma, while others are not. The environment you live in while determine or be the reason for any asthma attacks. Despite all of these causes, scientists are still trying to find the genes cause this disease.

## Symptoms

An asthma attack can be developed by an irritated or infected airway passage. The attack can occur slowly within hours or even days, or can be developed right away. The following are some symptoms that signal an asthma attack:

Wheezing	coughing	Heavy breathing
breathlessness	Difficulty speaking	Raspy throat
Chest tightness		

## **Cure/remedies**

Treatment for asthma will go on for a very long time. For some, treatment of asthma will go on for the rest of their lives. The best way to improve your condition is to learn all about your asthma and do all you can to make it better. A smart move to pull off is to become aware of your asthma triggers, and do everything in your power to avoid them. Also, one should follow the treatment recommendations of your health-care provider, understand their treatment, and know what each drug does and how it is used. Finally, one more important step to help your condition is to report any changes or worsening of your symptoms as soon as possible.

## **Prevention**

To prevent or minimize future asthma attacks, one needs to understand and know how and what to do. If your asthma attacks are activated by an allergic reaction, avoid your triggers as much as possible. Also, keep taking your asthma medications after you are discharged. Although minor asthma attacks go away after some treatment, asthma itself will never go away.

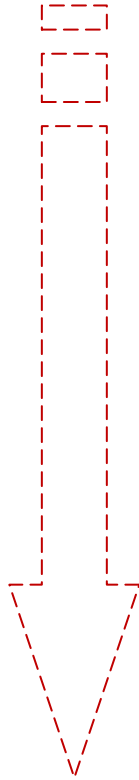
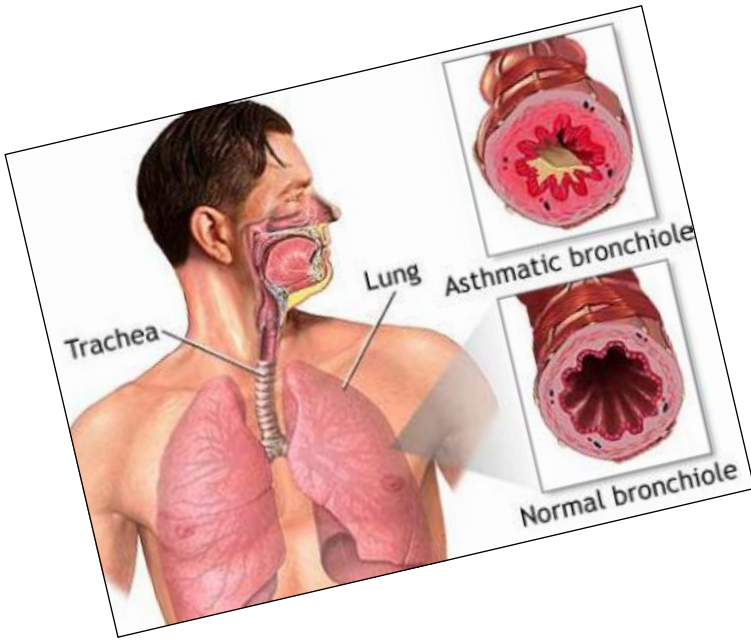
## **Exams and Tests**

If you go to an emergency station due to an asthma attack, the health provider first tests to determine how severe the attack is. The attacks are classified typically in three categories; mild, moderate, or severe. Below is a table displaying how the three categories are represented.

Mild	Moderate	Severe
Chest tightness	Chest tightness	Breathlessness
Constantly coughing	Coughing or spitting out mucus	Difficulty talking
restlessness	Trouble sleeping	Slight gray or bluish color in your lips and fingernail beds
wheezing	Tight wheezing	Tightness in neck muscles

## Poster

# Asthma



<http://www.clean-pool-and-spa.com/images/asthmatic-bronchiole-and-normal-bronchiole.jpg>

<http://www.asthmasymptoms86.com/images/inhalers.jpg>

<http://www.tobacco-facts.net/wp-content/uploads/2010/12/asthma-kid.jpg>

<http://img.medscape.com/pi/emed/ckb/radiology/336139-353436-2775tn.jpg>

### **Conclusion Paragraph**

I chose to do asthma because it is common that I see someone with every day. I wanted to know how one can obtain it and how it can be fixed. I've always thought inhalers looked cool, and would be fun to use, but it is not easy to live with it. The most interesting thing I learned was how the numbers were so high! I still would like to find out why it is so hard to find cures and causes of asthma. Scientists are still doing research to figure that out. The strengths of my report is the content and structure because I paid good attention to class and what is needed. The weakness of my report is the length and format. Some tools are difficult to use.

## Works Cited

[http://www.emedicinehealth.com/asthma/article\\_em.htm](http://www.emedicinehealth.com/asthma/article_em.htm)

<http://www.hartnell.cc.ca.us:2055/cqresearcher/document.php?id=cqresrre1999122400&type=hitlist&num=0>