

ASTHMA



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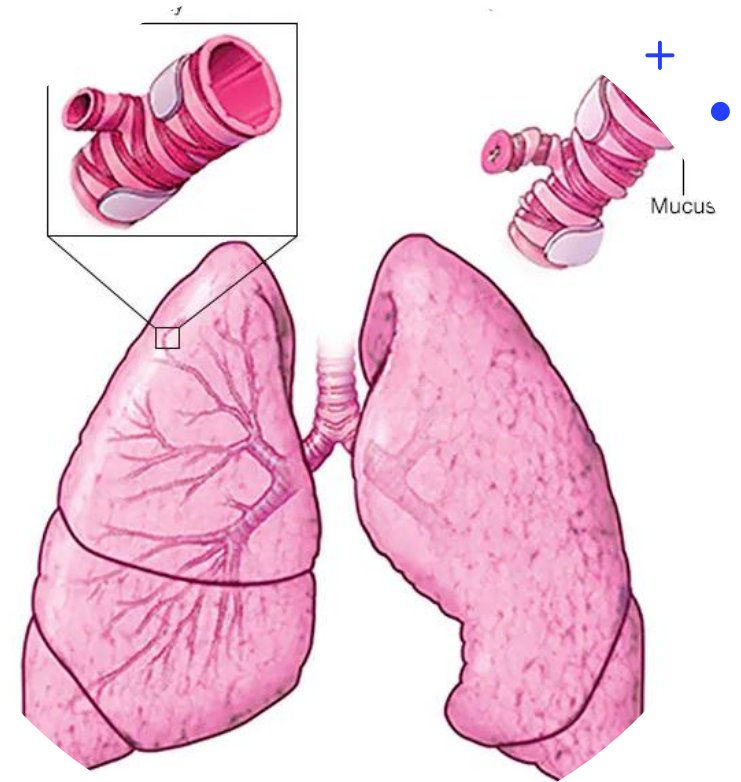
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Introduction

In this presentation I will talk about Mr X that had asthma diseases, asthma is a respiratory diseases, that affect your lungs, by my search, I will also show as is possible having a normal life with asthma condition.



[HTTPS://WWW.MAYOCLINIC.ORG/DISEASES-CONDITIONS/ASTHMA/SYMPTOMS-CAUSES/SYC-20369653](https://www.mayoclinic.org/diseases-conditions/asthma/symptoms-causes/syc-20369653)

Case Study

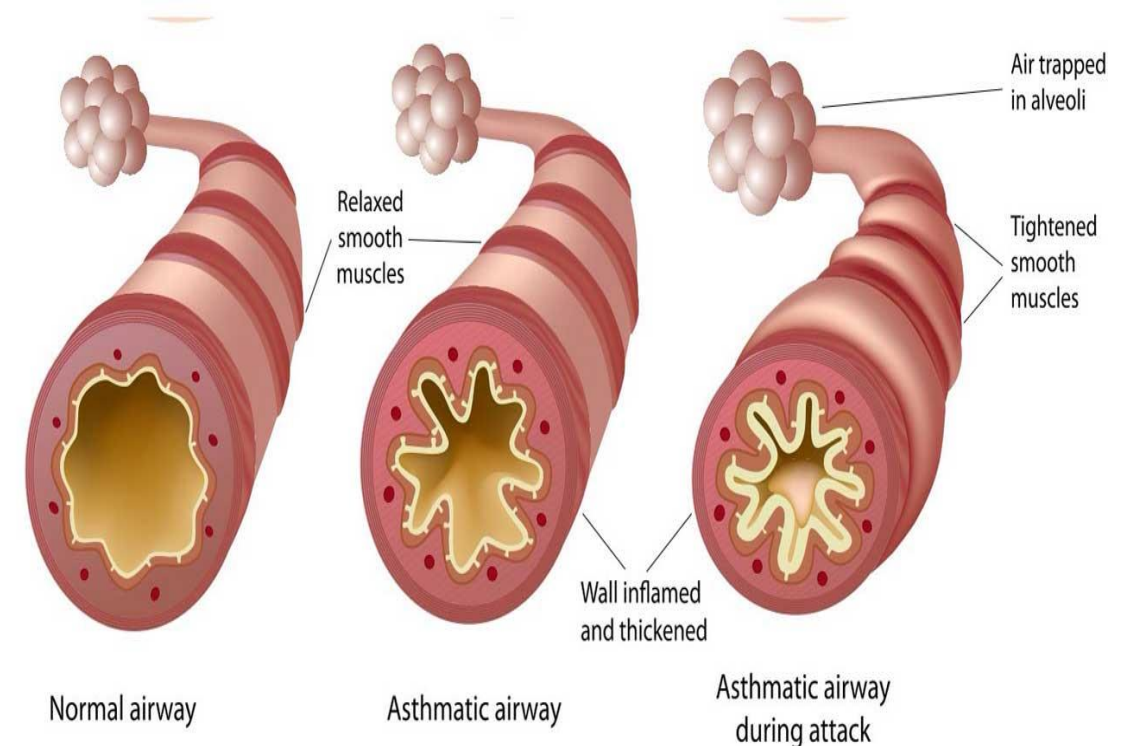
Mr. X is a 45-year-old male diagnosed with asthma and has been smoking for the past 20 years. He was admitted to the emergency department complaining of shortness of breath, wheezing, and chest tightness. His oxygen saturation level was found to be low, and he required immediate nebulization and oxygen therapy to manage his symptoms.



<https://www.verywellhealth.com/severe-asthma-attack-5206130>

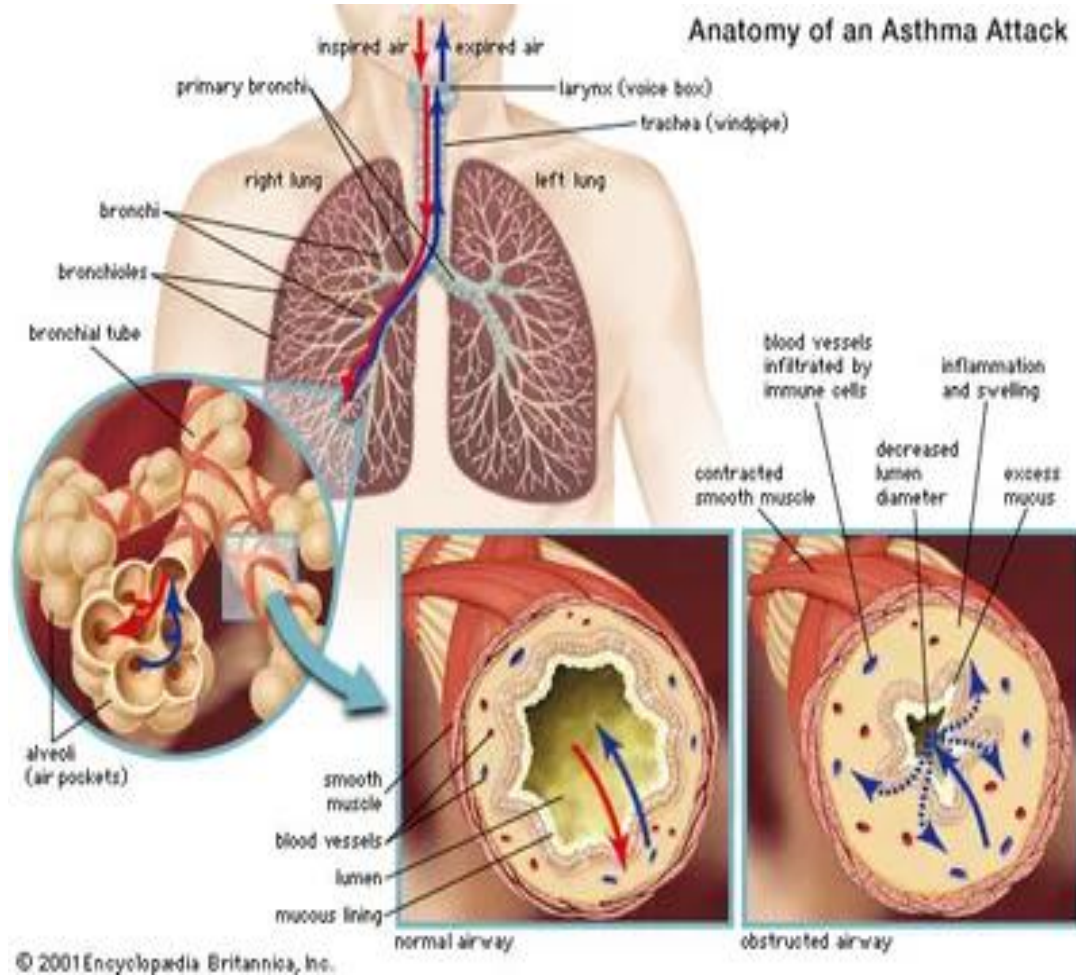
Asthma

- Asthma is a chronic respiratory disorder that damages the lungs' airways. It causes inflammation and restriction of the airways, making it difficult to breathe correctly. This can lead to symptoms such as wheezing, coughing, chest tightness, and shortness of breath.



<https://guardian.ng/features/asthma-avoid-dust-smoking/>

Lungs Anatomy



Anatomy

- Bronchi: The big tubes that transport air from the trachea to the lungs.
- Bronchioles are smaller tubes that branch from the bronchi and lead to alveoli, which are little air sacs.
- Alveoli: These are little, balloon-like structures that transport oxygen and carbon dioxide from the lungs to the blood arteries.

<https://www.britannica.com/science/asthma>

Asthma Physiology

Physiology includes a number of processes that induce airway inflammation, constriction, and hyperresponsiveness. Among the most important factors are:

- Inflammatory response: Asthma causes immune cells in the airways to create inflammatory chemicals. This results in mucus production and airway constriction.
- Asthmatics have more sensitive airways to irritants such as dust, pollen, or cigarette smoke. This suggests that even little occurrences may prompt their bronchi to respond.
- During an asthma attack, smooth muscle cells surrounding the bronchi may contract excessively.

Health Risks due the Mr. X Lifestyle Choices

- Smoking damages the lungs' tissues and affects their ability to function properly.
- Allergens such as pollen, dust mites, mould, and animal dander are common triggers for asthma attacks.
- Physical activity or exercise-induced asthma is triggered by physical exertion or exercise.
- Respiratory infections like colds, flu, and sinusitis can trigger asthma symptoms in some people.



<https://www.1mg.com/articles/world-asthma-day-quit-smoking/>

Lifestyle Improvements Recommendations

- Stopping smoking can lower your chances of acquiring lung diseases including chronic obstructive pulmonary disease (COPD) and lung cancer.
- Implementing healthy lifestyle choices such as frequent exercise and a balanced diet can assist smokers who stop improve their overall health results.
- Follow your doctor's treatment plan precisely, including taking medications as instructed and attending monthly check-ups.
- I would like to recommend getting in touch with (*Asthma and lung organization*) for a best understanding about living with asthma.
- There is also (*Chest heart and stroke Scotland*) for support and advice with asthma condition.

Conclusion

In conclusion, asthma is a respiratory disease that affects millions of people in the world. While there is no cure for asthma, Asthma may be controlled with correct treatment and medication, and people can live healthy and meaningful lives with the right care and support.

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Questions???



Thank you