



مؤسسة الرعاية الصحية الأولية  
PRIMARY HEALTH CARE CORPORATION



Asthma



## Definition

Asthma is a **chronic lung disease** that inflames and narrows the airways. There are three main points that you should know about asthma:

- Asthma is chronic. In other words, you live with it every day.
- It can be serious - even life threatening.
- There is no cure for asthma, but it can be managed so you live a normal, healthy life.



## Symptoms

- Coughing especially at night.
- Wheezing.
- Shortness of breath.
- Chest tightness.





## Causes:

- Airborne allergens, such as pollen, animal dander, mold, cockroaches and dust mites.
- Allergic reactions to some foods, such as peanuts or shellfish.
- The common cold.
- Physical activity (exercise-induced asthma).
- Cold air.
- Air pollutants and irritants, such as smoke.
- Strong emotions and stress.
- Sulfites and preservatives added to some types of foods and beverages.
- Menstrual cycle in some women.

# Prevention:

Prevention of asthma is the **first and foremost step of treatment.**

So, it is highly recommended for asthma patients to be fully aware of the nature of the disease, its irritants, triggers, and the ways to avoid its attacks.



- Learn about your asthma and how to control it.
- Follow your written asthma action plan.
- Use medicines as your doctor prescribes.
- Identify and try to avoid things that make your asthma worse (asthma triggers). However, one trigger you should not avoid is physical activity. Physical activity is an important part of healthy lifestyle. Talk with your doctor about medicines that can help you stay active.
- Keep track of your asthma symptoms and level of control.
- Get regular checkups for your asthma.

# Treatment:

Asthma is treated with two types of medicines:

- **Long-term control**
- **Quick-relief medicines**

**Long-term control** medicines help reduce airway inflammation and prevent asthma symptoms.



**Quick-relief inhalers** (bronchodilators) quickly open swollen airways that are limiting breathing.

In some cases, **allergy medications** are necessary.

Follow the preventions and in case of any difficulty contact your physician at your respective health center.



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