

ASTHMA

FRANCES C GROSS, DO
2009

- I. Pathophysiology**
 1. Airway inflammation
 2. Bronchospasm
 3. Mucous production

- II. Triggers – Respiratory irritants that start or continue reactive airway disease**
 1. Viral or bacterial infection
 2. Pollution or smoke
 3. Cold air
 4. Allergens
 5. Exercise
 6. Gastroesophageal reflux

- III. Signs & symptoms of asthma**
 1. Cough
 2. Wheeze
 3. Tachypnea
 4. Retractions

- IV. NAEPP – Guidelines for Diagnosis and Management of Asthma**

- V. Treatment**
 1. Avoid triggers – Infection, Allergy. Second hand Smoke
 2. Physical fitness & good nutrition
 3. Preventive measures – allergy medication, allergy desensitization, pre-exercise Bronchodilator, monitoring peak flow
 4. Acute medication – beta agonist – (Albuterol, Levalbuteral)
 5. Controller medication
 - a. Nonsteroidal –Leukotriene inhibitors
 - b. Steroids – Inhaled
 - c. Combination Inhalers – Advair (Serevent, Flovent)
 - d. Allergy or Gastroesophageal Reflux Medications