

# World Health Organization Prevention Strategy for Asthma

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## What exactly is Asthma?

Asthma is a lung condition that affects children and adults alike. Due to inflammation and tightness of the muscles around the tiny airways, the air channels in the lungs shrink. Coughing, gasping, briefness of breath, and chest miserliness are all signs of asthma. These sensations come and go, and they're usually worst at night or during activity. Asthma symptoms can be exacerbated by other frequent "triggers." Viral infections (colds), dust, smoke, fumes, changes in the weather, grass and tree pollen, animal hair and feathers, harsh soaps, and perfume are all potential triggers [1].

Asthma's influence on daily life

In low- and middle-income nations, asthma is frequently misdiagnosed and undertreated.

Sleep disturbances, fatigue throughout the day, and poor focus are all symptoms of untreated asthma. Asthmatics and their families may miss school and work, putting the family's finances under strain [2].

## What are the different types of Asthma?

Asthma symptoms are ranked by doctors to determine how severe it is:

Intermittent mild asthma: Mild symptoms occur just once or twice a week. Symptoms at night occur less than twice a month. There aren't many asthma attacks.

Asthma that is mild and chronic: Three to six times each week, you'll have symptoms. Three to four times a month, you'll experience night-time symptoms. Asthma episodes can make it difficult to do things.

Asthma that is moderately chronic: Symptoms of asthma on a daily basis five or more times each month, night-time assaults occur. Symptoms may interfere with daily activity. Asthma that is severe and chronic. Symptoms that occur at all hours of the day and night. You must use restraint in your activities [3].

## Causes of asthma

Many distinct variables have been linked to an increased chance of having asthma, while pinpointing a single, direct cause is typically challenging.

Other family members with asthma, especially a close relative such as a parent or sibling, make asthma more likely.

People with other allergy disorders, such as eczema and rhinitis, are more prone to develop asthma (hay fever). Increased asthma prevalence is linked to urbanisation, most likely owing to a combination of lifestyle variables.

Events in early life affect the developing lungs and can increase the risk of asthma. Low birth weight, preterm, cigarette smoking and other forms of air pollution, as well as viral respiratory infections, are among them.

A variety of environmental allergens and irritants, such as indoor and

outdoor air pollution, home dust diminutives, moulds, and occupational contact to chemicals, smothers, or dust, can all raise the risk of asthma.

Children and adults who are overweight or obese are at a lower risk of developing asthma.

Asthma triggers.

Exposure to a variety of irritants and substances that cause allergies can promote asthma symptoms and signs (allergens). Asthma triggers differ from person to person, however they may include the following:

Airborne allergens include pollen, dust mites, mould spores, pet dander, and cockroach excrement particles.

Lung infections, such as the common cold

Physical activity is important.

The air is rather cold.

Smoke and other pollutants and irritants in the air

Aspirin, beta blockers, and non-steroidal anti-inflammatory drugs such as ibuprofen (Advil, Motrin IB, and others) as well as naproxen sodium (Aleve)

Stress and strong emotions

Sulphites and preservatives are found in several foods and beverages, including shrimp, dried fruit, processed potatoes, beer, and wine.

When stomach acids back up into your throat, it's called GERD (gastroesophageal reflux disease).

There are a number of variables that have been related to an increased risk of having asthma. The following is a list of the items on the list:

Having a blood relative with asthma, such as a parent or sibling  
Workplace triggers include second-hand smoke, exhaust fumes, and other kinds of pollution, as well as chemicals used in agriculture, hairdressing, and manufacturing.

Asthma prevention and control plan developed by the World Health Organization

Asthma is included in the WHO Global Action Plan for NCD Prevention and Control, as well as the United Nations 2030 Agenda for Sustainable Development.

In a variety of approaches, the WHO is working to expand asthma diagnosis and treatment.

The WHO Package of Essential Non-communicable Disease Interventions (PEN) was created to aid in the management of non-communicable disease (NCD) in primary care in low-resource settings. PEN covers guidelines for assessing, diagnosing, and managing chronic respiratory disorders (asthma and COPD), as well as modules on healthy lifestyle counselling, such as smoke cessation and self-care. Tobacco smoke reduction is crucial for both primary asthma prevention and disease management. The Tobacco Control Framework Convention.

## References

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