

Cultural and disease



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What is Asthma Asthma is a chronic lung disease that affects, 34. 1million Americans, and 300 million people worldwide. Asthma is known as an inflammatory disease, which affect the airways passages.

When the airways become constricted, it affects the flow of oxygen, causing an asthmatic to experience complication in breathing, tightness in the chest, wheezing, and severe coughing. Asthma is an incurable disease; fortunately there are treatments to help to control and manage the disease. It is essential for asthmatics to learn what triggers their episodes (attack). This is simply because asthmatics symptoms vary from person to person.

Some of the environmental elements that can trigger episodes are pollen, pet dander, or mold. Keep in mind there are seven types of asthma *Note* please see the inserted chart the last page for the different types)

(<http://www.aaaai.org>). Populations More Vulnerable to

AsthmaDemographically the population most vulnerable to this chronic disease (asthma) is African Americans. It have been reported 30% of African Americans is affected with asthma.

Alarmingly, asthma is more prevalent in poor African American and Puerto Rican children. Primarily many African Americans and Puerto Rican children live in unhealthy communities. For instance, in urban areas overcrowding, unsanitary conditions is a major concern. ??? In 2003, American Lung Association found that 71% of African Americans live in communities where the Federal Air Quality did not meet the federal guideline.??? . What is Asthma Asthma is a chronic lung disease that affects, 34. 1million

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