

Asthma

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Asthma Asthma is a chronic inflammatory disease that is characterized by the bronchial tubes becoming obstructed, which causes the production of excess mucus. This buildup of mucus can lead to the individual having difficulty in breathing, prompting coughing, shortness of breath, and tightening of the chest. While some individuals find asthma to be simply a nuisance, it can become a life-threatening problem for others. Asthma cannot be cured, but there are treatments available for symptoms. The most typical treatments for asthma sufferers include a short-acting beta-2 agonist that is inhaled, corticosteroids, glucocorticoids, and bronchodilators. It is important that therapists be familiar with asthma so that they can properly diagnose patients on an individual basis. As such, I picked these articles to review as each person is unique in their diagnosis, as well as their treatment.

In Sherry Baker's article, "Children in danger from exposure to common chemicals, new studies confirm," the author divulges into alleged causes of asthma in children, which are the toxic chemicals of common products. One study revealed that children exposed to pesticides during their prenatal stage risked developing a chronic cough at the age of five. This study yields evidence that the respiratory system of a child is defenseless against toxic exposure while in their mother's womb (Baker, 2012). This chemical found in pesticides that causes children to develop chronic cough is piperonyl butoxide. Two other chemicals that are known to cause chronic coughing in children include diethyl phthalate and butylbenzyl phthalate, which are found in personal care and plastic products. When children are exposed to these chemicals, they are at risk of developing asthma-related airway inflammation.

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Sarka-Jonae Miller looks at alternative remedies for asthma in her article “Lifestyle remedies for the management of asthma.” Miller points out that while doctors disagree with lifestyle remedies for asthma, such as acupuncture and breathing exercise, these treatments have been proven to be less harmful than the common prescribed medications (Miller, 2012).

Rolfing and osteopathic manipulation can be utilized to alleviate restrictive patterns in muscles and nerves, allowing for easier breathing. Acupuncture has been shown to decrease the frequency of asthma attacks, as well as improve breathing. Various breathing exercises can be used to help individuals control their breathing, thus preventing asthma attacks and allowing individuals to rely less on their prescription inhalers. Managing stress by using techniques related to yoga and guided imagery are believed to reduce stress and prevent asthma attacks.

Another article by Miller, “How to treat asthma with diet and herbs,” looks into dietary changes that can help asthmatics better manage their asthma-related symptoms. Studies that have been conducted have revealed that there is a connection between frequency of asthma attacks and a poor diet (Miller, 2012). Similar studies have proven that individuals that follow diets high in omega-3 fatty acids, vitamins C and E, and magnesium have lower rates of asthma; these nutrients aid in the protection of cells from damage, as well as strengthening the lungs, especially in children. Furthermore, it is suggested that individuals steer clear from possible food allergies, which are believed to incite asthma attacks.

Baker and Miller set out to provide insight into the external causes of asthma and alternative methods of management. While Baker focuses on chemicals as a cause of asthma in children and Miller looks to unconventional

techniques to treat asthma, both writers make a statement that natural and organic changes, such as environments and diet and exercising, can greatly decrease an individual's chance in developing asthma and, for those who are already asthmatic, can manage their condition with ease. Based on the three reviewed articles, it has been determined that while asthma is caused by both internal and external factors, asthma can be manageable the more aware that one is of what they put into or how they treat their body.

References

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