

Asthma



**ASSIGN
BUSTER**

I'm talking about asthma. A disease that the Department of Health and Human Services has defined as a chronic lung disease that inflames and narrows the airways. Speaker Credibility: I have suffered from asthma. Through the years it has slowly subsided but I remember having to carry my inhaler with me everywhere I went. I also remember nights when I couldn't sleep because I would have coughing fits and I could feel my chest tightening, making it harder for me to breathe. Preview: Tonight I want to inform you about asthma.

First, I'll talk about the symptoms of asthma. Second, I'll tell you about some of the causes and lastly, I'll share some of the treatments. Transition: Let's start by talking about some of the symptoms of asthma. Body
Asthma can be easily triggered by many things. One person's triggers can be very different from someone else with asthma. According to the American Lung Association there are four main causes which include; genetics, allergies, respiratory infection or bad weather such as high humidity, or cold and dry air.

About 80% of people with asthma have allergies to learnable substances like grass, mold or dust. Transitions: The violence of all possible asthma triggers can be difficult and even if an asthmatic person is able to tolerate one trigger, encountering a combination of them can have an asthmatic suddenly struggle for air. That's why treatment and prevention are so important to keep asthma under control. The most used treatment for asthma are inhaled medication. Unfortunately there is no definite cure for it.

The American College of Allergy, Asthma, and Immunology as mentioned that one of the most effective treatments for asthma is the inhalation of corticosteroids, which are inflammatory medication control for asthma. This medicine is for a long term relief and can also be taken as a pill form if asthma is very persistent. It helps reduce the swelling that makes your airways sensitive to certain inhaled substances. A second choice of treatment can be a short acting inhaled beta agonies for a quick relief. This inhaler helps relax tight muscles around your airway to let air flow more easily. Asthma By narcissistically According to the American Lung Associating there are four main causes which include; genetics, allergies, respiratory infection or bad weather such as high airborne substances like grass, mold or dust. Transitions: The avoidance of all possible asthma triggers can be difficult and even if an asthmatic person is able to suddenly gasping for air. That's why treatment and prevention are so important to The most used treatment for asthma are inhaled medication. Unfortunately there is no definite cure for it.

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