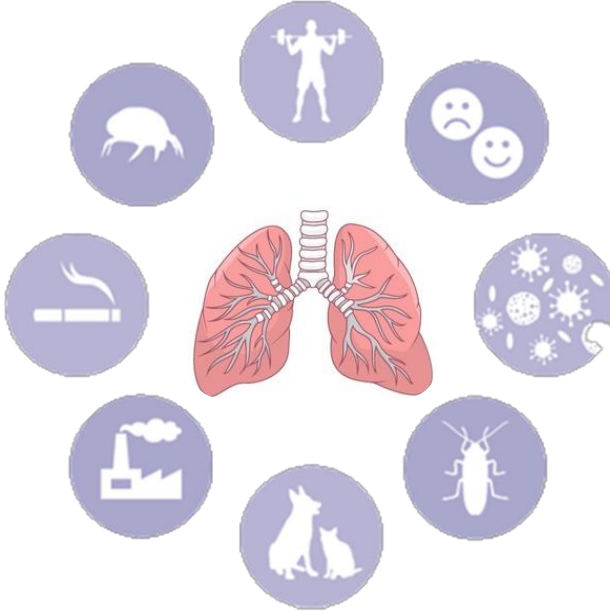




تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster
شركة الصحة القابضة



The Causes of Asthma

Asthmatic person exposure to causes or triggers may lead to asthma attacks. The attack varies from mild to severe depending on the patient's condition. Scientific studies have proven that not avoiding causes and triggers reduces the effectiveness of the drugs used and leads to an uncontrolling of the disease. That is why it is important to know the causes and triggers and the ways to deal with them.

The Causes of Asthma Attack:

1. Dustmite

Is considered one of the causes of asthma attacks. It is a small insect that cannot be seen with the naked eye. It lives in places with high humidity, and its droppings and remains enter the body by inhalation.

Where does it live?

Home furniture, carpets, air conditioners and stuffed children's toys such as bears and dolls

Sheets, mattresses, beds, blankets and pillows

Dustmites cannot be removed by ordinary cleaning methods because they live approximately 15 centimeters deep inside the mattress.

Ways to reduce dust mites:

- Reduce carpets whenever possible, especially in living rooms and bedrooms, and replace them with ceramics.
- Clean the carpets regularly with a high-suction vacuum cleaner.
- Clean the chairs regularly and you can use a vacuum cleaner to suction the chair mattresses.
- Wash sheets, blankets and pillows once a week with hot water and dry them well.
- Do not use stuffed toys and dolls or even put them in bedrooms or sleep with them.
- Clean the air filter in the air conditioners periodically, knowing that the central air

conditioner (split AC) is better than the window air conditioners.

2. Smoke

Cigarette and shisha smoke, charcoal grilling smoke, incense and perfume.



Prevention:

- Stop smoking and sitting with smokers.
- Grill outside the house.
- Do not use incense in the house, and If necessary, the asthmatic person must be outside the house.

3. Chemicals

Such as cleaning tools, sprays, paint, insecticides.



Prevention:

- Reduce its use as much as possible.
- Refrain from using them near the patient.
- If you must use it, the room should be well ventilated by opening the windows and turning on the fans.

4. Weather Changes

Such as cold and dry air and high humidity.



Prevention:

- Avoid exposure to air currents or sudden change of temperature.
- Wear appropriate clothing, especially on cold days, and make sure to cover the airways.

5. Viral Infections Such as Colds

It is one of the most common irritants for asthma attacks in children, as it works to increase inflammation in the trachea, which increases asthma symptoms. It can be reduced by taking the flu vaccine.



6. Exercise

Exercise is very important to strengthen breathing muscles and keep the body fit, such as swimming.



If not fully controlled, symptoms may increase after ten minutes of exercise, such as wheezing, shortness of breath, and increased coughing.



Precautions when exercising:

- Take bronchodilator medication about 5-10 minutes before exercise.
- Choose an appropriate sport.
- Consult a doctor to determine the best time for medications useful in such cases.

7. Feathers, Hair or Pet Skin

Such as cats, birds or dogs, which are the second most common causes of an asthma attack, which are found in the hair or saliva and urine of cats and dogs. These small particles fly in all corners of the house in which the animals live, in dust, floors and walls, and when the animals are removed, the cause may exist up to 6 months after their removal.



Prevention:

- Placing animals completely outside the home is the only and optimal solution.
- Note: cleaning with shampoo is a useless solution

8. Pollen of trees, grass and wild plants

It is considered one of the most common causes of allergens at the start of seasons. It is found outside the house and may cause asthma attacks when exposed to it outside or if the windows are open during seasons change.



Prevention:

- Close the windows well at the time of the change of the seasons, especially at noon, when pollen abounds.
- If you want to open the windows, they can be opened in the dark when the pollen level in the air is low.
- if the allergy is caused by grass and plants, it should be avoided or removed from the house permanently.

9. Fungus

It grows in humid and poorly ventilated places as in some toilets, especially under washbasins and gives a green, dark brown and blue color, and secretes millions of volatile grains into the air that reach the trachea by inhalation.

Prevention:

- Ventilate humid spaces constantly.
- Wash the affected areas constantly.
- Turn on the ventilation fan or open the window when showering.

10. Organs and Remnants Of Cockroaches

It is found in dirty places and waste.

Prevention:

- Ensure that sinks, dining tables, and floors are clean of food remains.
- Store food; cover it tightly.
- Cover and dispose trash cans daily.

11. Emotional changes such as laughing and crying too hard

It increases the entry of air into the trachea and then to the respiratory system, which leads to an asthma attack. But if the asthma condition is controlled by medication, this rarely happens.



لأن الوعي وقاية

Health Education Section

Pulmonary Department

HEM1.23.0001536