

LIVING WITH ALLERGIC ASTHMA

Allergies are the 6th Leading Cause of Chronic Illness in the U.S.

About 55% of the U.S Populations is Positive for at Least One Allergen

Allergic asthma can be a dangerous condition and can affect anyone at any age. It is important that if you suspect you are having allergic reactions and asthma attacks to consult a medical provider immediately.

Please use this guide as a resource for knowledge and understanding of allergic asthma causes, symptoms, diagnosis, treatment, and prevention.

01 | Cause

Allergens small enough to reach the lungs while breathing are the main cause of allergic asthma. However, allergens aren't the only thing that can make allergic asthma worse. Most often the following are to blame:

- Windblown pollen from trees, grasses, and weeds
- Mold spores and fragments
- Animal dander (from hair, skin, and/or feathers) and saliva
- Dust mite feces
- Cockroach feces

Other irritants can make allergic asthma worse, much like regular asthma; possibly causing even worse and more life threatening reactions.

02 | Symptoms

Once an allergen enters the body and your immune system overreacts the muscles around your airways tighten. Once the airways are inflamed they become flooded with thick mucus. The following symptoms will likely occur:

- Cough
- Wheezing
- Short of breath
- Quick breathing
- Tight feeling in the chest

03 | Diagnosis

Your doctor can test you to see what causes your allergic asthma. The two most common (and recommended) methods are:

- Pricking your skin with a tiny amount of the allergen and measuring the size of the red bumps 20 minutes later

- A blood test known as a specific IgE or sIgE test

04 | Treatment

Treatment options will vary from person to person depending on the allergen and the severity of the reactions. There are few options that will treat both allergies and asthma simultaneously and often treatment of the allergen would be first in order to prevent the asthma from occurring. Some treatment options can include:

- Inhaler
- Antihistamines
- Allergy Shots
- Leukotriene Modifier
- Anti-immunoglobulin E Therapy

05 | Prevention

To control allergic asthma it is important to reduce exposure to allergens. Some ways to prevent an attack and control your environment are:

- Stay inside when pollen counts are high
- Avoid dust mites
- Control indoor humidity
- Keep your kitchen and bathroom clean and dry
- Choose appropriate air filters
- Use caution while working outside

Learn more about neurological conditions, your risks, and symptoms at: <http://aaaai.com>

Did You Know?
About 8% of people in the U.S. have asthma

References

<http://www.webmd.com/asthma/guide/allergic-asthma#1>

<http://www.mayoclinic.org/diseases-conditions/asthma/in-depth/allergies-and-asthma/art-20047458>