Asthma

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# Question 1

## Write about Asthma

Asthma is one of the most common respiratory disorders in the world. One in thirteen people around the world is suffering from asthma, with 25 million people suffering from this disease in America alone (AAFA, 2018). Despite recent strides in the diagnosis and the management of this disorder, asthma remains one of the most poorly managed diseases. There is no treatment, and the patient has to prevent exposure to allergens in order to keep asthma-related inflammation at bay. While a number of biologic therapies are available, inhaled corticosteroids (ICS) and long-acting beta2-agonist inhalers (LABA) are one of the most frequently used preventive measures that can keep inflammation and asthma exacerbations at bay (Quirt, Hildebrand, Mazza, Noya, & Kim, 2018).

# Question 2

## Write about treatment options the (LABA to ICS) /treating exacerbations

Asthma exacerbations are one of the most significant cause of illnesses associated with the disease. It usually enhances the existing inflammatory processes in asthma patients and is also known to promote loss of disease control among patients. Additionally, it also causes loss of lung function among asthma patients, along with an increase in healthcare costs. While the frequency of such exacerbations can be reduced to manageable extents, it cannot be fully treated. In order to reduce these exacerbations to manageable levels, patients are treated with ICS or a combination of ICS and LABA. This enables disease control among asthma patients and improves their overall wellbeing (Castillo, Peters, & Busse, 2017).

# Question 3

## Discuss environmental control. What does it do to the patient with asthma?

One of the most effective measures to control Asthma-related exacerbations is through environmental control. The intervention practices frequently employed under environmental control focuses on a single allergen at a time. This limited approach helps reduce the effects of exposure to such allergens among asthma patients and even reduced the levels of asthma morbidity. Furthermore, environmental control can be easily tailored to an individual’s needs and decreases exposure to allergens that cause asthma-related inflammation. This is typically employed in a home-based environment or any place where the patient spends a lot of time (Castillo et al., 2017).

# References

AAFA. (2018). *Asthma Facts and Figures*. Retrieved from Asthma and Allergy Foundation of America: https://www.aafa.org/asthma-facts/

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