



(REVIEW ARTICLE)



The asthma myths

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Abstract

Asthma is a respiratory condition that can affect both children and adults. In layman's terms, asthma is usually thought of as a lung disease that causes the airway to become narrow and inflammation. Further, asthma triggers can also cause swollen airways producing an excess of mucus that stands responsible for breathing difficulty. There are lot of myths and misconceptions about asthma that are prevalent in our society. But in order to prevent yourself from a sudden asthma attack and to manage your asthma condition effectively, it is necessary that you get yourselves acquainted with the facts to get appropriate treatment without any delay. With proper treatment and management of asthma, people with asthma symptoms can lead a normal, active and healthy life.

Keywords: Asthma; Myth; Fact; India

1. Introduction

Chronic inflammatory lung disease called asthma can lead to frequent attacks of coughing, wheezing, and breathing problems. About 6% of children and 2% of adults in India's 1.31 billion populations suffer asthma. Asthma affects about 25 million Americans. This is roughly 1 in 13 Americans, which includes 8% of adults and 7% of children. Asthma affects over 20 million American individuals aged 18 and over. Adult women are more likely than adult men to have asthma.

Knowing the facts is crucial because asthma is a serious condition. Let's dispel some of the more enduring misconceptions regarding asthma.

MYTH 1: Inhalers treat asthma

FACT: Because asthma is a chronic, lifelong condition, patients may always need to take medicine. The drug is not addictive in and of itself.

Furthermore, anabolic steroids—which some athletes may use to gain muscle mass—are not the same as the inhaled corticosteroids used to treat asthma. Although studies have shown that there may be some early development delays, inhaled corticosteroids do not prevent children from achieving their full growth.

MYTH 2: Those who have asthma shouldn't work out, play sports, or take gym classes

FACT: Exercise is essential for everyone's health. Before exercising, people with asthma may need to take medication. The same is true for kids before they play or take part in gym class: Children may need to take their medicine first in order to stay up with their peers, maintain their energy, and stop symptoms from appearing. Before beginning any fitness regimen, make sure you have the proper asthma management plan in place by speaking with your doctor.

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MYTH 3: Asthma only affects children and is typically outgrown.

FACT: Asthma is a chronic illness. As children develop, so do their airways, which can occasionally result in a decrease in the severity of asthma symptoms. But symptoms could come back suddenly.

As a child matures into adulthood, asthma symptoms may get better. Since the condition will always exist, it is crucial that asthmatics remain aware of it and continue to manage their condition.

While it is true that some childhood illnesses may seem to go away during puberty, this is typically only a passing phase, and the symptoms normally come back in adulthood. Children with severe symptoms may discover that their doctor can reduce their medicine; it is

MYTH 4: Asthma is not a serious condition, no one dies from it, and it can be easily managed. Asthma is a chronic, terminal illness that claims the lives of about 10 people every day. It affects millions more people and their families. The numbers are astounding: More than 25 million Americans suffer with asthma, costing \$56 billion in direct and indirect expenses (including visits to doctors, hospitals, and drugs) (lost work and school days). These figures are rising every year.

Every asthma attack is dangerous, and any flare-up could become fatal in a matter of seconds. Each person's case of asthma is unique. Numerous variables, such as age, family history, race, gender, housing arrangements, place of employment, environmental influences, immune system development, and overall health, have an impact on it. Establishing a treatment plan and obtaining an accurate diagnosis

MYTH 5: Asthma is not present if you aren't wheezing.

FACT: When you are not experiencing symptoms, asthma does not go away. Your airways have underlying inflammation, which can be brought on by a number of things. As an illness, asthma can be unpredictable and is quite dangerous. As a result, it's crucial to keep taking your daily asthma meds and steer clear of any known triggers.

MYTH 6: Asthma only affects the lungs.

FACT: While most people concentrate on asthma's impact on the lungs, asthma also has a systemic inflammatory component. According to several studies, asthma develops from a systemic illness.

Numerous research have been conducted to examine the connection between blood fat levels, excessive blood sugar, and heart disease. Recent proof has surfaced.

MYTH 7: Steroids used orally might be harmful

FACT: According to the National Institutes of Health (NIH), inhaled corticosteroids (ICS) are the best option for treating asthma that won't go away. The advantages of ICS exceed the disadvantages when administered at dosages advised for the majority of patients. These drugs don't resemble the anabolic steroids that bodybuilders use to bulk up. The growth of a child is not hampered by inhaled corticosteroids. Studies have shown that kids who use inhaled corticosteroids develop to a normal adult height, albeit it may slow down their early growth in some cases. A child who often experiences asthma symptoms may grow more slowly. This is because a sick child will not develop as quickly as a healthy one. To plan a successful course of action, consult a physician.

MYTH 8: Only treat asthma when there is an attack

FACT: Asthma is a persistent, chronic condition. Medication is one of the most important strategies for treating symptoms. It can alleviate breathing problems and assist patients from becoming really unwell.

Drugs that assist control an asthma attack are different from long-term controller medications. These may consist of inhaled corticosteroids, which help ease airway constriction and edema. Theophylline, another controller medication that can be given as a tablet and helps with nighttime symptoms. Since every patient is unique, their doctor will consider a variety of solutions to help them lead better lives. An asthmatic is likely to take a combination of medications for the remainder of their life.

MYTH 9: Asthma is a neurological condition

FACT: Many asthmatics have found that stress and anxiety can set off an attack. That may be the case for many people, but anxiety and fear do not cause asthma. It is safe to presume that this is not a psychological condition as a result.

MYTH 10: Because each asthma sufferer is different, no single treatment strategy will work for everyone.

FACT: Each person's asthmatic response is unique. While one asthmatic may simply cough during an attack, another may also suffer wheezing, exhaustion, and pressure in their chest.

MYTH 11: Asthma and allergies are unrelated

FACT: Although asthma can occur in people without known allergies, over 70% of people with asthma do.

Inflamed lungs can cause wheezing.

Myth 12: Food supplements can lessen the symptoms of asthma.

FACT: According to the National Center for Complementary and Integrative Health, there is no evidence that certain nutrients can alleviate asthma.

The only thing we can now recommend to our patients for general health is to eat a well-balanced diet that is richer in whole grains, fruits, and vegetables than it is in fats and red meats, according to Khatri.

Numerous herbs and supplements have been investigated, but none were discovered to reduce symptoms. Soy supplements may help asthmatics breathe more easily, according to some preliminary research, but a study published in the May 2015 issue of the Journal of the American Medical Association found that this vitamin does not assist asthmatics' lung function.

Myth 13: All asthmatics should avoid "cold" foods like milk, curd, and other dairy products.

FACT: If there is a specific meal that has been shown to cause an asthma attack in a specific patient, that food must be avoided

2. Conclusion

The correct information on asthma must be obtained since misconceptions about the condition may keep some people from receiving the proper care. By taking the prescribed drugs, leading a healthy lifestyle, and keeping an eye out for symptoms, asthma can be controlled. People with asthma can live active, normal, productive lives with the right care.

Compliance with ethical standards

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