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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**10 Paths to Conquer Asthma**

**By Paul Wilson**

Asthma is a condition where due to certain stimuli a person experiences narrowing of air passages

and difficulty in breathing. Treatment for asthma should be done under the guidance of a doctor and should be planned carefully. The key lies in recognizing the causes and managing the condition such that you are in control of the situation.

Treatments include:

1. Preventive action where you avoid situations that triggers off symptoms.
2. Practice meditation and breathing exercises to strengthen the air passages and lungs.
3. Exercise regularly to keep fit and to strengthen your heart as well as lungs.
4. Use air conditioning this will reduce your exposure to air born pollen and other triggers.
5. Keep your environment free of dust mites, pet dander, fur and feathers by regularly vacuuming and decontaminating your mattresses, pillows, sofas, throws, carpets, as well as curtains and covers.
6. Use inhalers which are of three types: aerosol inhalers; breath-actuated inhalers; and dry powder inhalers. These contain medication in aerosol form to provide immediate relief.
7. Drugs like short acting beta agonist namely salbutamol and terbutaline are first prescribed. The alternative medications are long acting beta2 agonists like salmeterol or formoterol or antimuscarinics like ipratropium or oxitropium. In layman terms asthma medication is of two kinds anti-inflammatory medicines and bronchodilators. Common medicines are Albuterol, Altovent, Pulmocort Respules.
8. Combination therapies where a steroid along with long acting medication are prescribed. Alternately, a combination of antimuscarinic and short acting beta 2 agonist is used.
9. Use of special equipments like a peak flow meter which will warn you of an impending attack and an

inhaler spacer which will ensure efficient disbursement of medication.

10. Allergen Immunotherapy where the patient is desensitized to asthma causing allergens like smoke, weed, grass, pollen, dust, mold and so on. Similarly the patient is tested for food allergies that trigger off attacks and treated for them.

Research indicates that the best option for patients is to maintain a diary and record when and why attacks occur. This will give a clear understanding of triggers. Then the next step is to create an asthma management plan with the help of your doctor. To strengthen the mind and spirit patients are often asked to join therapy groups that talk about fears, problems faced by asthmatics, personal experiences, and work together at breathing exercises and other regimens to strengthen their bodies.

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### **Information On Asthma For Grown Ups**

**By Roger Thompson**

Adults and Asthma

This article talks about Asthma for the grown up and elderly. We know that asthma has many medical implications.

Adult asthma normally comes from one of three conditions. First off, some adults that have had asthma their entire lives or that have had it since childhood are in one condition. In the second, the asthma was there during childhood and then all symptoms of asthma were gone for a period of time and then sometime later in their adult life, asthma has come back. Finally, there are those adults that are first getting asthma during their adult years. In this case, the asthma is almost always brought on by occupational asthma conditions, or poor working conditions or exposure to triggers that over time developed into asthma in the individual.

Anyone that has asthma, including the adult, can find the help that they need in treating and living with it. As you will learn as an asthma patient, there are many types of medications on the market that can

## 10 Paths to Conquer Asthma

be used to treat asthma both in the episodes that you may experience (asthma attacks) as well as in the day to day living arrangements. Those that have had asthma as a child and then had no symptoms of asthma for much of their life only to have it resurface are often the hardest patients to treat. Here, something, possibly contaminants or even infection, has caused the resurgence of the asthma and it is often a severe case when this happens.

In cases where occupational asthma is the culprit, it is often the asthma specialist's first course of action to determine what the trigger is that is causing the asthma outbreaks. Then, the first treatment for this type of asthma will be to avoid that trigger. Of course, your doctor will help you to determine what that is and will work with you to determine just what can be done to help provide you with relief from your asthma. Even as an adult, it is important to seek out the help you need for asthma.

Roger Thompson writes about asthma, health related issues and jobs for

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