

## Asthma in Childrens **Mani Grand\***

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### Editorial

Asthma is a condition of the airways, which are the structures that allow air to move from your mouth and nose to your lungs. It causes the muscles of the airways to tighten, as well as the lining of the airway to swell and inflame, resulting in the production of sticky mucus. Coughing, wheezing, shortness of breath, and chest tightness might occur as a result of these changes, which restrict the airways and make breathing difficult. Asthma is a common reason for children to visit the doctor, miss school, or be admitted to the hospital. In fact, asthma is thought to affect one out of every ten Australian youngsters. Your child should be able to live a healthy, active life if their asthma is well-managed.

The exact cause of asthma in some children is unknown, although risk factors include having a family member with asthma, eczema, or hay fever possible genetic factors-sensitising airborne particles, and having a mother who smoked during pregnancy etc. When your child has asthma, there are a lot of things to consider and plan for. It is critical to gain as much knowledge as possible regarding the illness. Your physician and pharmacist are available to assist you. Discuss any worries you have regarding your child's asthma with them.

It's critical to understand your child's asthma pattern, asthma triggers, asthma symptoms, and asthma medications-what they do and how to assist your child take them appropriately-in order to effectively manage their asthma, what to do if they have an asthma attack-be aware of and follow asthma first aid procedures. Make sure you have a written asthma action plan that is up to date and that you know how to apply it.

Asthma affects each child differently. Some kids have mild, sporadic asthma attacks or only have symptoms after exercising or when they have a cold. Some people have everyday symptoms, while others have them on a regular basis, limiting their degree of activity. Each type of asthma necessitates a unique treatment strategy. It's crucial to realise that even if a child has mild or occasional asthma, they might still have a severe and even life-threatening attack.

Substances, situations, or actions that cause asthma symptoms are known as asthma triggers. Among them are (among others):indoor and outdoor air pollution allergy triggers, such as dust mites, animals, pollen, or mould weather conditions, such as cold air exercise exposure to cigarette smoke airway infections, such as the common cold, especially during infancy indoor and

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outdoor air pollution allergy triggers, such as dust mites, animals, pollen, or mould etc.

Asthma triggers differ from child to child, and symptoms can appear months after exposure to the trigger. This can make diagnosing a problem. Your child may have a variety of asthma triggers, which may differ from those of another child. Learn what causes your child's asthma so you can avoid them as much as possible.

Symptoms of asthma include: chest tightness or pain (commonly referred to as a 'sore tummy' by small children), coughing loss of breath trouble breathing wheeze-whistling sounds when breathing (particularly at night) your youngster may exhibit all of these signs or only a few of them. Symptoms are frequently exacerbated at night, early in the morning, during exercise, or in response to other stressors. It can be difficult to diagnose asthma in children under the age of five because children cough or wheeze for a variety of reasons.

If your child's wheezing occurs more than once-with or without an illness, chronic coughing or bouts of coughing become worse at night, or you are concerned about your child's breathing problems, take him or her to the doctor. Almost everyone with asthma can be well controlled with the right medicine. The most common asthma medications are Preventers and Relievers.

Preventers are medications that reduce swelling and mucus in the airways, making them less susceptible to triggers over time. His prescription must be taken on a daily basis. (Depending on the cause of your child's asthma symptoms, some children may only require preventer medicine during certain seasons, such as pollen season or when they catch a cold or flu in the winter). Relievers are alleviating symptoms fast by relaxing the tight muscles surrounding the airways. During an asthma episode, this drug is taken.