

# Learning About Asthma

## Tips for Parents

One of every thirteen children has asthma. During an asthma attack, the airways in the lungs swell and the muscles around them constrict, making it hard to breathe. Things such as smoke, dust, pets, and mold can cause asthma attacks. There is no cure for asthma, but with proper care and medicine, children with asthma can lead active, healthy lives.

If your child has any of the following symptoms, he or she may have asthma. Talk to your doctor to find out more.

- Wheezing, a whistling noise made while breathing
- Chronic cough, especially at night, after exercise, or in cold weather
- Shortness of breath, especially when exercising

If your child has asthma, fill out an Asthma Treatment Plan and give copies to your child's teacher, coach, childcare provider, babysitter, etc. so they know what to do and who to call if your child has an asthma attack.



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# Pag-usapan natin ang Asthma

## Mga Payo para sa mga Magulang

Isa sa bawat labintatlong mga bata ang may asthma. Habang inaatake ng asthma, namamaga ang mga daanan ng hangin sa mga baga at bumabanat ang mga kalamnan na bumabalot sa mga ito. Dahil dito, mahirap huminga. Maaaring magpasimula ng atake ng asthma ang mga bagay tulad ng usok, alikabok, mga alagang hayop, at amag.

Walang lunas para sa asthma, ngunit sa tamang pangangalaga at gamot, maaaring mabuhay nang masigla at malusog ang mga batang may asthma.

Kung ang anak ninyo ay mayroong alinman sa mga sumusunod na sintomas, maaaring mayroon siyang asthma. Kausapin ang inyong doktor para makakuha ng karagdagang impormasyon.

- Paghuni, isang sumisipol na ingay habang humihinga
- Hindi gumagaling na ubo, lalo na sa gabi, matapos mag-ehersisyo, o kapag malamig ang panahon
- Paghingal, lalo na habang nag-eehersisyo

Kung may asthma ang inyong anak, kumpletihin ang isang Plano sa Paggamot ng Asthma at bigyan ng mga kopya ang guro, coach, ang tagapagbigay ng childcare, ang babysitter, atbp., upang malaman nila kung ano ang gagawin at kung sino ang tatawagan kung inatake ng asthma ang inyong anak.



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