

Dear Sir,  
Brief about Asthma on world asthma day..

Asthma is a state of airway hyperreactivity wherein the Airways become hypersensitive to various stimuli like dust, smoke, change in season, certain food items and various such allergens.

Asthma is hereditary and has a familial tendency that is an individual with family history of asthma has higher chances of having asthma than his counterpart with no family history of asthma.

Asthma can affect at any age but largely starts in early childhood...Common symptoms of asthma are chronic dry cough, Breathlessness, wheezing (whistling of the chest), recurrent cold, running nose, easy fatiguability.

Asthma can be diagnosed clinically but the gold standard for its diagnosis is Pulmonary function test (Spirometry).

If Asthma is diagnosed early and put on gold standard combined inhaled therapy then one can have absolute control over asthma and in some cases can even outgrow asthma. Childhood asthma have more chances of complete cure if diagnosed at an early stage and put on inhaled combined therapy for a long term that is even after symptoms are controlled.

Today we have very good inhaled medications for Asthma which can provide a normal life to all asthma individuals. Inhaled therapy (medicines which are taken through inhalation devices like pump, rotahaler) for direct delivery to the airways are not habit-forming and have no side effects even if taken for a long duration. The dictum for controlling asthma is to continue inhaled medications even after there are no symptoms because then the hyperreactivity gets reduced.

One should avoid all those things which exacerbates the symptoms, keep a note of such trigger factors and avoid them totally. Common food items to be avoided are cold refrigerated deep frozen items, ice cream, chocolate, peanuts, banana, grapes, custard apple, curd, butter milk, aginomoto and all processed items which have artificial flavours, colour, preservatives and essences.

Avoid pets, carpets with fur, smoky dusty environment.

Take home messages on this World Asthma Day

- Asthma is not a disease, it's nature of the airways to be hypersensitive
- Asthma is familial and not infective
- Asthma individuals can live a normal life if diagnosed early and put on regular long term combined inhaled therapy
- Childhood Asthma has better chances of good control and sometimes total cure
- Avoid factors which triggers Asthma symptoms

Lets unite together for complete Asthma control. We can win Asthma, control Asthma rather than Asthma controlling us.

For any suggestions or advise please Whatsapp on 8160961042 or email at [aashishurvi@rediffmail.com](mailto:aashishurvi@rediffmail.com)

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