

## **ADVISORY**

For Immediate Publication

### ***2<sup>nd</sup> May 2017: World Asthma Day***

### ***Breathe easier with an asthma management plan***

**New Delhi, 1<sup>ST</sup> May 2017: World Asthma Day**, celebrated on the **first Tuesday of May every year**, is a chance to sensitize people about this agonizing respiratory ailment and the dangers it poses. This year's theme, **'You can control your asthma'**, highlights the perilous nature of the disease and how it can be effectively managed. According to WHO, asthma currently affects 235 million people in the world. The number of people suffering from this condition in India is estimated at 1 million.

**This World Asthma Day, Dr Vikas Maurya, Sr. Consultant & HOD, Fortis Hospital, Shalimar Bagh encourages you to understand Asthma & Tips to manage the same in a holistic manner**

#### **Causes:**

- Indoor allergens (dust mites in beddings, moulds, pet dander)
- Outdoor allergens (pollens from grass, trees and weeds)
- Tobacco smoke (Active & Passive smoking)
- Chemical irritants, fumes, strong odour
- Cold air or extremely dry, wet or windy weather
- Extreme emotional arousal such as anger or fear
- Strenuous Physical exercise
- Certain medications ( aspirin, NSAIDs, Beta blockers, ACE inhibitors)

#### **Early Symptoms & Diagnosis**

- Coughing
- Wheezing
- Breathlessness
- Chest tightness
- Early awakening
- Night-time symptoms
- Throat irritation
- Anxiety

#### **Managing Asthma at Home**

- Take regular medications
- Medication should always be within the reach of the person
- Avoid asthma triggers (indoor allergens / Smoking)
- Improve air quality at home by regular cleaning of house and air filters if necessary
- Avoid extreme physical exertion
- Flu and pneumonia vaccine to prevent them from triggering *asthma*
- Pay attention to increasing use of quick-relief inhaler (suggest impending attack)
- Monitor the breathing pattern

#### **Precautions Parents and Teachers should observe at School for Asthmatic children**

- Reviewing child's Asthma Action Plan with the teacher and school nurse
- Emphasis to avoid chalk dust & Exercise induced asthma
- Ensuring a responsible adult knows how to administer the child's control and emergency medications.
- Making the child carry his/her medications to school
- Assuring that the child understands what they should do when they need medications

#### **Asthma Management at workplace**

- Keeping an inhaler in office
- Avoid venturing into smoking rooms
- Control on amount of stress and anxiety felt at work
- Removal of exposure to toxins and harmful chemical gases
- Employers to provide a comprehensive treatment plan to ensure the wellbeing of the employees
- Adhering to the occupational safety hazard standards

Several **lifestyle changes** also need to be adopted to combat Asthma, while ensuring one has **balanced meals and a proper diet with mild exercises or Yoga, Counselling** and help should also be given to enable people to embrace a positive and productive lifestyle. Although asthma cannot be cured, appropriate management can control the disease and enable people to enjoy good quality of life.

#### **About Fortis Healthcare Limited**

*Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 45 healthcare facilities (including projects under development), approximately 10,000 potential beds and over 346 diagnostic centres.*

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