



# ASTHMA

## WHAT IS ASTHMA?

Asthma is a disease affecting the airways that carry air to and from your lungs. Asthma consists of two main components. These components are constriction and inflammation, both of which occur in the lung passageways. Constriction is when the airways narrow because muscles tighten around them and inflammation is when the airways get irritated and start to swell. When both of these actions occur together, they cause the symptoms of asthma such as difficulty breathing and swelling of the lungs. A person experiencing an asthma attack has difficulty catching his or her breath. It is usually coughing or wheezing in order to be able to breathe.

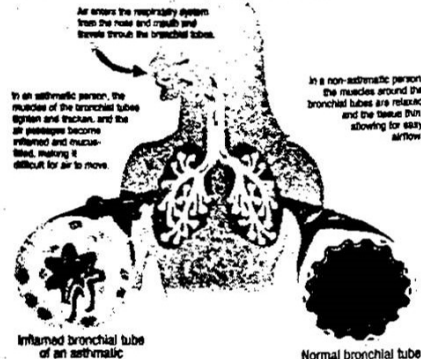
## WHAT CAUSES ASTHMA?

According to recent estimates, asthma affects 300 million people in the world and although people of all ages suffer from the disease, it most often starts in childhood. Asthma kills about 255,000 people worldwide every year.

Most children first present symptoms around 5 years of age, generally beginning as frequent episodes of wheezing with respiratory infections. Additional risk factors for children include having allergies, the allergic skin condition eczema, or parents with asthma.



## Why asthma makes it hard to breathe



Source: American Academy of Allergy, Asthma and Immunology

## LIVING WITH ASTHMA

Asthma should not stop anyone from leading an active, healthy life. The chronic condition requires proper long-term care, active management, and adherence to an asthma action plan. Asthma can be a stressful condition to manage, and stress can even trigger asthma attacks. Asthmatics should strive to reduce stress as much as possible and learn to cope with the challenges and frustrations of living with asthma in a positive way. Regular visits to your General Practitioner to monitor asthma symptoms are highly recommended.

## ASTHMA, ALLERGIES AND AIR PURIFIERS

There are simple things that can be done to prevent allergic asthmatic attacks such as keeping pets outside, not smoking tobacco products in the home or dusting all furniture as much as possible. However, air purifiers have been proven to be the most effective way to keep indoor air clean and safe. Most air purifiers are proven to remove 99.7% of all particles found in indoor air. Chemical fumes, tobacco smoke, pet dander and dust can be absorbed into the filter of an air purifier. With these contaminants no longer present in the air, the probability of an asthma attack due to an allergic reaction is significantly reduced for the sufferer.



KAZHHT-145  
Honeywell 3 in 1 Air Purifier

## ASTHMA AND HUMIDIFIERS

Increased humidity may ease breathing in children and adults who have asthma or allergies, especially during a respiratory infection such as a cold. Humidifiers are devices that emit water vapor or steam to increase moisture levels in the air (humidity). Ideally, humidity in your home should be between 30 and 50 percent. Humidity that's too low or too high can cause problems especially for patients that suffer lung constriction during attacks.

- Low humidity can cause dry skin, irritate your nasal passages and throat, and make your eyes itchy.
- High humidity can make your home feel stuffy and can cause condensation on walls, floors and other surfaces that triggers the growth of harmful bacteria, dust mites and molds. These allergens can cause respiratory problems and trigger allergy and asthma flare-ups.



KAZV10SSG  
Vicks® 1 Gallon Vaporizer with Night Light (Nursery)

There are two types of Humidifiers - one is Hot Mist/ Warm Steam and the other is Cool Mist/ Cool Moisture.

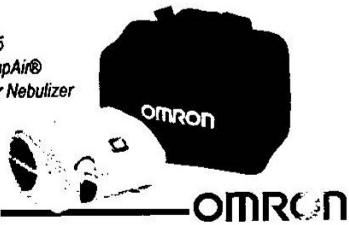
Hot mist humidifiers or vaporizers contain a heating element that boils water and they put moisture into the air by sending out a stream of hot mist. Whilst, cool mist humidifiers force the water droplets into a mist by mechanical action and then dispersed the mist into the air. Cool mist is easier to breathe than warm mist, but warm mist is more useful when treating colds. Speak to your General Practitioner about which type of Humidifier or Vaporizer is best suited to your symptoms.

## ASTHMA AND NEBULIZERS

A nebulizer changes medication from a liquid to a mist so that it can be more easily inhaled into the lungs. Nebulizers are particularly effective in delivering asthma medications to infants and small children and to anyone who has difficulty using an asthma inhaler.

It is also convenient when a large dose of an inhaled medication is needed. Nebulized therapy is often called a "breathing treatment." And a variety of medications – both for immediate relief and maintenance of asthma symptoms – are available for use with a nebulizer. Refer to your General Practitioner for the correct medication and dosage needed as this differs from patient to patient.

OMNNEC25  
Omron CompAir®  
Compressor Nebulizer



## ASTHMA AND OXYGEN THERAPY

People with asthma have sensitive airways which become irritated in some situations. The airways become narrow and sometimes produce more mucus than usual. This makes it difficult to breathe. Asthma can be managed by treatments that help to relax the airways and allow you to breathe normally. Oxygen does not do this.

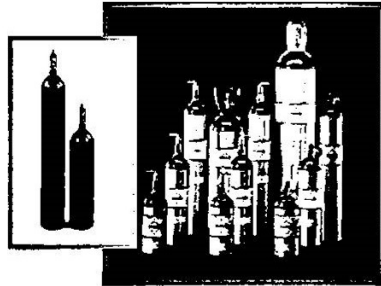
Oxygen therapy does not help with the kind of breathlessness caused by allergic reactions, such as asthma. Speak to your General Practitioner before attempting any type of Oxygen treatment.

Mada Adult Oxygen Mask



KAZV4500  
Vicks® FilterFree Humidifier

Mada Oxygen Tanks for Oxygen Therapy



References:  
<http://www.healthynezz.com>  
<http://www.airpurifiers.com>  
<http://www.airpurifiers.com>  
<http://www.meyoclinic.com>  
<http://www.webmd.com>  
<http://www.everydayhealth.com>

Disclaimer: Asthmatic patients should not use Air Purifiers containing or using Ionized Technology

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Healthy Advice

