

Mob hawb pob

(Hmong)

Asthma yog ab tsi?

Asthma yog ib yam mob ntsws uas kho tsis tau zoo tu qab, tab sis yuav tswj fwm tau los ntawm kev siv tshuaj thiab hloov tej chaw nyob ib ncig ntawm koj.

Cov neeg muaj mob “asthma” los yog mob hawb pob, txoj hlab pas yuav muaj teebmeem rau ntau tsav yam xws li pa luam yeeb, tej pa luam yeeb, fab ub no, mob phaug, los yog cua txias txias. Kev mob “asthma” ua pa nyuab yuav muaj mus los tsis tseg, tab sis lub ntsws yuav thev tsis taus tej ntxhiab uas ua kom nws huam mob hawb pob.

Yog tswjfw m tsis zoo tus mob hawb pob no yuav ua kom tau mus Emergency ntau zaus los yog pw hauv tsev khomob. Yog tswjfw m tus mob hawb pob no tsis zoo kuj ua tau tuag thaib.

Ab tsi ua kom mob hawb pob (asthma)?

Qhov keeb hauv paus txawm mob hawb pob (asthma) tsis tau paub li, tab sis nws ntxiav tshwm mob raws tsev neeg. Tej zaum nws yuav nquag ua mob heev dua rau cov menyuam yaus uas nquag fab los phiv ub no (allergies).

Mob “asthma” no zoo li cas?

Cov yeeb yam ntawm tus mob “asthma” yog:

- hnoos
- txog siav
- hawb pob
- hauv siab ceev ceev
- pw tsis taus kom dhau hmo yam tsis muaj tus mob
- ua tsis taus “exercise” yam tsis muaj tus mob
- hnoos ntev lawm los yog hawb pob tom qab tau kab mob khaub thuas tag

Asthma

(English)

What is asthma?

Asthma is a chronic lung disease that cannot be cured. It can be controlled by taking medicine and making changes in your environment.

People with asthma have very sensitive airways that react to many things, such as cigarette smoke, allergies, infections, or cold air. Asthma episodes may come and go, but the lungs stay sensitive to the things that trigger asthma.

Poor control of asthma may lead to frequent emergency room visits or hospital stays. Poor asthma control can also cause death.

What causes asthma?

The basic cause of asthma is not yet known, but it tends to run in families. It may be more common in children with allergies.

What are the signs of asthma?

The main signs (symptoms) of asthma are:

- coughing
- shortness of breath
- wheezing
- tightness of the chest
- unable to sleep through the night without symptoms
- unable to exercise without symptoms
- prolonged coughing or wheezing after viral infections

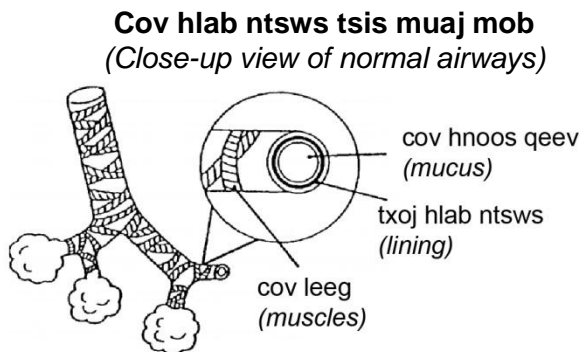
Yuav zoo li cas sij hawm mob hawb pob (asthma)?

Nws tseem ceeb yog paub zoo tias lub ntsws ua haujlwm li niaj hnuv licas es yog thaum mob hawb pob “asthma” nej thiaj to taub. Saib duab qhia txog lub ntsws nram kawg ntawm diam ntawv no.

Thaum nej ua pa, cua nkag ntawm qhov ntswg thiab qhov ncauj mus. Nws mus hauv txoj hlab pas, rau hauv koj txoj hlab cua, thiab mus hauv cov hlab cua. Cov cua no mus rau hauv nej cov ntshav mus hloov cov cua ua nej lub cev tau siv tag ces thiaj li ua pa tawm.

Thaum mob “asthma” tus neeg yuav ua pa nyuab vim rau qhov:

- Sab hauv txoj hlab pa o tuaj.
- Cov leeg ncig cov hlab pa kuj ceev tuaj, ua kom txoj hlab pa khoob me.
- Ua hnoos qeev nyeem tuaj, thaiv cov hlab pa me.



Dab tsi ua kom tus mob “asthma” no tshwm sim?

Qhov ua kom huam yog khaub thuas, pa luam yeeb, kev fab/phiv, los sis kev dhia ua “exercise” yuav ua tau kom mob hawb pob “asthma” tshwm sim. Yog thaum muaj ob peb yam ua ke lawv yuav uas mob nyav dua. Tej cov neeg, tsuas mob tuaj thaum ruag ob yam los ntau tshaj rov sauv xwb.

Kev mob “asthma” ua pa nyuab ntawm nyias yuav txawv nyias ib yam, nws tseem ceeb uas nej yuav tsum paub zoo seb yam twg yog yam ua rau nej tus menyuam mob “asthma” tuaj es nej thiaj li paub tias yuav tau zam yam twg. Saib ntawm nplooj ntawv qhia kawm “Tswjfw m tej yam ua kom mob hawb pob.”

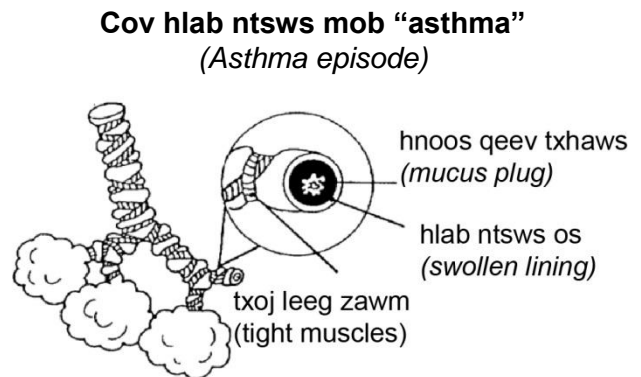
What happens during an asthma episode?

It is important to know how the lungs work normally so you can understand what happens during an asthma episode. See the picture of the lungs at the end of this document.

When you breathe in, air goes in through the nose and mouth. It goes down your windpipe, through your airways, and into the air sacs. The air goes into your blood and is traded for the used air that you get rid of when you breathe out.

During an asthma episode a person has a hard time breathing because:

- The lining of the airways becomes swollen.
- The muscles around the airways tighten, making the airways smaller.
- Thick mucus forms, blocking small airways.



What causes asthma episodes?

Triggers such as colds, smoke, allergies, or exercise can cause an asthma episode. When triggers are present together, they have a stronger effect. Some people only have episodes when 2 or more triggers are present.

Since each person has different triggers, it is important to determine which ones affect your child’s asthma so you can learn how to avoid them. See the education sheet “Asthma trigger control.”

Tej yam ab tsi yog yam tshwm sim qhia rau nej ua ntej yuav mob “asthma” ua pa nyuab?

“Asthma” los yog ua pa nyuab tsis yog lam muaj kiag tam siv, feem ntau mas nws kuj yuav muaj tej cim ua ntej nws yuav ua pa nyuab. Ib txhia cim tshwm ntxov ua ntej kuj yuav yog xws li:

- los kua ntswg
- hnoos
- txog siav
- pw tsaug zog tsis taus hmo ntuj
- tsis muaj zog tshuab pa. (Saib ntawm nplooj ntawv qhia kawm tshuab pa “Peak flow meter.”)

Nws tseem ceeb nej yuav tsum tau paub cov yeeb yam no kom zoo kom nej paub tswjfw m tus mob no kom txhob mob loj.

Peb yuav tiv thaiv mob hawb pob li cas?

- Ua num nrog koj tus minyuam tus kws khomob ua daim ntawv npaj uas yuav pab nej tswj tus mob hawb pob thiab kho thaum mob hawb pob tuaj lawm.
- Koj tus minyuam yuav tsum muaj tshuaj cawm (xws li tshuaj albuterol) los kho qhov hnoos, hawb pob, los yog txog siav.

Peb yuav tiv thaiv mob hawb pob li cas?

- Kawm kom tag li kawm tau txog kev mob hawb pob es thiaj los pab nej khoo tus mob.
- Zam tej uas yuav ua tau kom chiv mob.
- Siv cov tshuaj khoo, yog tias maub los ntawm nej tus kws khomob. Xyuas kom mee muab cov tshuaj rau txhua txhua hnuv, txawm tias koj tus menyuam nyob zoo lawm.
- Teem caij rov mus kuaj raws qab qhov mob hawb pob txua 6 lub hlis twg muab ntawv tshiaj xaj tshuaj ua dua daim ntawv tshiab npaj txog kev mob hawb.
- Qhia daim ntawv npaj txog mob hawb pob rau tsev kawm ntawv/chaw zov minyuam.

What are some early warning signs of an asthma episode?

Asthma episodes rarely come on suddenly. Often there are clues or early warning signs that an episode may occur. Some early warning signs may be:

- runny nose
- coughing
- shortness of breath
- not sleeping well at night
- decrease in peak flow (see the education sheet, “Peak flow meter”)

It is important to know these signs so you can begin to treat the episodes early and prevent them from becoming severe.

How can we prevent episodes?

- Work with your child’s doctor to develop an asthma action plan that helps you control asthma and treat asthma episodes.
- Your child should have a rescue medicine (such as albuterol) to treat an episode of coughing, wheezing, or shortness of breath.

How can we prevent episodes?

- Learn all you can about asthma to help you control it.
- Avoid asthma triggers.
- Use a controller medicine, if prescribed by your doctor. Be sure to give it every day, even when your child feels good.
- Schedule an asthma check up every 6 months to get prescriptions renewed and get an asthma action plan.
- Share the asthma action plan with school/daycare.

Ua li cas kuv thiaj paub tias tswj tau tus mob “asthma” no lawm?

Tej cim uas qhia tias tswj tau qhov mob haqb pob

- Tsis hnoos, hawb pob, los txog siav rau nruab hnuv lawm.
- Tsis tsim dhuj deev hmo ntuj vim qhov mob hawb pob.
- Ua taus si thiab evxesxais tau tsis mob hawb pob tuaj.
- Tsis muaj qhaj ntawv lawm.
- Tsis muaj mob haqb pob tuaj es yuav tau mus rau ntawm chaw khomob ceev, chaw khomob sai, los yog ntsib kws khomob

Thaum twg kuv thiaj yuav hu rau chaw khomob?

Hu chaw khomob yog:

- hnoos, hawb pob, los txog siav twb siv cov tshuaj cawm tsawg kawg nkaus los twb tau li 4 teev no lawm los khoo tsis tau.
- hnoos los hawb pob hmo ntuj los sis thaum dhia ua exercise.
- nyob rau ntawm ntu daj tshaj li 12 rau 24 teev lawm.

Ntsib kws khomob tam sis yog tias:

- qhov hnoos los hawb pob tsis zoo me ntsis li los yog heev tuaj tom qab muab cov tshuaj cawm tag.
- pheej rov huas pas (cov tawv ntawm caj dab los sis hauv siab pheej hmlos thaum ua pa).
- tus kaj tshuab ntawm lub “peak flow” mus qis dua lawm los yog nyob qhov qub xwb tom qab twb muab cov tshuaj cawm tag.
- pw ncaj nraim tsis tau yam tsis muaj teebmeem ua pa.

How do I know if asthma is in control?

Signs that asthma is under control:

- No coughing, wheezing or shortness of breath during the day.
- No waking up at night because of asthma symptoms.
- Able to play and exercise without asthma symptoms.
- No school absences.
- No asthma episodes that require an emergency room, urgent care, or doctor visit.

When should I call the clinic?

Call the clinic if:

- coughing, wheezing, or shortness of breath not controlled with rescue medicine for at least 4 hours.
- coughing or wheezing at night or with exercise.
- in the Yellow Zone for more than 12 to 24 hours.

See the doctor right away if:

- coughing or wheezing is not better or gets worse after rescue medicine has been given.
- retracting (chest or neck skin pulls in with each breath).
- peak flow rate goes down or stays the same after rescue medicine has been given.
- unable to lie down flat without trouble breathing.

Yog hu tsis tau kws khomob, mus ntawm chaw muaj mob ceev.

Hu rau 911 yog tias:

- muaj teeb meem mus kev los yog hais lus.
- di ncauj los rau tes tej xiav, los yog txho.
- tsi ua pa.
- koj txhawj xeeb txog koj tus menyuam xyov nws yuav nyob dhau 30 feeb tom ntej no li cas.

Lus nug?

Daim ntawv no tsis cob coos rau koj tus minyuam nkaus xwb, tab sis yog muab xov rau sawv daws. Yog nej muaj lus nug ab tsi thov hu rau chaw khomob.

Peb pom zoo tias koj thiab koj tus menyuam mus koom rau khoo kas kawm txog mob hawb pob, kom kawm tau ntau yam los khoo tus mob hawb pob. Hnug nej tus kws khomob, nais mom, los yog Asmibka lub Koom Haum Ntsws rau tej xov txog tej khoos kas ua muaj.

Rau tej ntaub ntawv nyeem ntxiv txog qhov no thiab lwm yam mob/kev noj qab haus huv, thov hu los yog mus saib ntawm Lub Chaw Loj Pab Tsev Neeg lub Chaw Cia Ntawv los yog mus saib peb qhov Web site: childrensMN.org.

If you cannot reach the doctor, go to the Emergency Room.

Call 911 if:

- trouble walking or talking.
- lips or fingernails are blue or gray.
- stops breathing.
- you are worried about how your child will get through the next 30 minutes.

Questions?

This sheet is not specific to your child, but provides general information. If you have any questions, please call the clinic.

We recommend that you and your child attend an asthma education program, to learn more ways to control asthma. Ask your doctor, nurse, or the American Lung Association for information about available programs.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site: childrensMN.org.

Lub ntsws zoo

(Normal lungs)

