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

Mob hawb pob (Hmong)

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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 (Hmong/English)

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Yuav zoo li cas sij hawb pob (asthma)?

Nws tseem ceeb yog paub zoo tias lub ntsws ua haujlwm li niay hnhub 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 nkg ntawm qhov ntswg thiaj qhov ncauj mus. Nws mus hauv txoj hlab pas, rau hauv ksj txoj hlab cua, thiaj mus hauv cov lnab cua. Cov cua no mus rau hauv nej cov ntshaw 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 neig cov hlab pa kuj ceev tuaj, ua kom txoj hlab pa khoob me.
- Ua hnoos qeev nyeem tuaj, thaiv cov hlab pa me.

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 kiaj 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 tswjfwm tus mob no kom txhob mob loj.

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.

Peb yuav tiv thaiv mob hawb pob li cas?

- Ua num nrog koj tus minyuam tus kws khomob ua daim ntawv npaj uas yuav pa 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 meej muab cov tshuaj rau txhua txhua hnub, 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.
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.
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.