



YMCA Awards

Level 3 Promoting wellness
through client motivation and
interaction

2018

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Asthma

Asthma

- Asthma is a common lung condition that causes occasional breathing difficulties
- It affects people of all ages and often starts in childhood, although it can also appear for the first time in adults
- There's currently no cure for asthma, but there are simple treatments that can help keep the symptoms under control so it doesn't have a significant impact on an individual's life
- Some people, particularly children, may eventually grow out of asthma. But for others it's a lifelong condition

Asthma

Individuals with asthma have inflamed (swollen) and sensitive airways that become narrow and clogged with sticky mucus in response to certain triggers.

Factors such as a genes, air pollution, chlorine in swimming pools and modern hygiene standards (use of chemicals in the home) have been suggested as possible causes, but there is not currently enough evidence to be certain whether any of these do cause asthma

Asthma

- It's important for individuals with asthma to take any prescribed medication regularly, as this can help keep symptoms under control and prevent severe asthma attacks
- It is also important to use any prescribed inhalers properly and always have them to hand
- Asthma sufferers should not smoke. Stopping smoking can significantly reduce how severe and frequent any symptoms are

Asthma

- Exercising regularly is as important for people with asthma as everyone else
- Although exercise can sometimes trigger symptoms, this shouldn't happen once an individual is on appropriate treatment
- When exercising, individuals with asthma should use their reliever inhaler immediately before they warm up and should always warm up and down thoroughly

