

Asthma

Asthma is a disease in which the airways into your lungs become narrow and produce mucus. When this happens, it is hard to breathe. Some things that can trigger an asthma attack include allergies, cold viruses, medicines, dusts, chemicals, exercise or emotions.

Signs

- Breathing faster than normal or trouble breathing
- Wheezing or noisy breathing
- Coughing that may be worse at night or early in the morning
- Feeling tight in the chest
- Having a fast heartbeat
- Having head congestion
- Having a itchy, scratchy or sore throat
- Being tired
- If your doctor ordered a peak flow meter, having a drop in peak flow meter readings

You may have more signs of asthma if you:

- Have allergies
- Have a family member with asthma
- Are sensitive to air pollution
- Are exposed to smoke
- Have stress

Your Care

Your care may include:

- Taking different medicines to:
 - Open airways
 - Decrease your body's response to allergens

哮喘

哮喘病是通往肺脏的气道窄化并产生痰液。此情形发生时，呼吸便很困难。引起哮喘发作的事项包括过敏、感冒病毒、药物、灰尘、化学物、锻炼或情绪激动。

症状

- 呼吸比正常情形急促或呼吸困难
- 喘鸣或呼吸有杂音
- 夜间或清晨咳嗽更厉害
- 胸腔发紧
- 心跳加速
- 头部淤塞
- 喉咙痒、发沙沙声或喉咙痛
- 疲累
- 如有医嘱要求使用尖峰吐气流速测量仪，则尖峰吐气流速测量仪的读数下降

如是下列情形，你可能会会有哮喘的更多症状：

- 有过敏
- 有家人患哮喘
- 对空气污染敏感
- 暴露于烟中
- 有压力

你的医疗

你的医疗可能包括：

- 服用不同药物，为了：
 - 打开气道
 - 降低你的身体对过敏原的反应

- Decrease the swelling of your airways
- Decrease congestion
- Finding out what causes your signs.
- Allergy testing.
- Using a peak flow meter to check and prevent asthma attacks.
- Drinking a large glass of liquid every 1-2 hours. This helps keep your mucus thin. Thin mucus is easier for you to cough up and decreases the swelling in your lungs. Clear liquids are best, such as water, fruit juice, tea, broth and clear soups.
- Avoiding milk products when wheezing because they can thicken your mucus.

To Prevent Asthma Attacks

- Keep asthma medicine with you at all times. Take your scheduled medicines even if your signs go away.
- Avoid cigarette, pipe and cigar smoke.
- Stay away from foods, medicines or things that cause you to have signs of asthma. These are called triggers.
- Avoid contact with people who have a cold or flu.
- Rest and drink plenty of liquids at the first sign of a cold.
- Breathe through a scarf or other covering in cold weather.
- Talk to your doctor about an exercise to strengthen your lungs.
- Reduce stress.

Call your doctor **right away** if you:

- Have a cough, are wheezing or are having trouble breathing.
- Feel you need to take more medicine than your doctor has ordered.
- Have a temperature over 101 degrees F or 38 degrees C.

— 减轻气道肿胀

— 减少堵塞

- 找出引起你症状的病因。
- 过敏测试。
- 使用尖峰吐气流速测量仪检查并避免哮喘发作。
- 每 1-2 小时喝一大杯液体。这有助于稀释痰液。清稀的痰液较易咳出并减轻肺部肿胀。清液体最好，如水、果汁、茶、肉汤和清汤。
- 喘鸣时请避免乳制品，因为乳制品能使痰液变得更浓浊。

避免哮喘发作

- 请随身带哮喘药。即使已无症状仍请服用你的预定药物。
- 避免香烟、烟斗和雪茄烟。
- 避开引起你哮喘症状的食物、药物或事项，这些称为诱因。
- 避免与患感冒或流感的人接触。
- 一有感冒症状就休息并多喝液体。
- 在寒冷天气透过围巾或其他遮盖物呼吸。
- 和你的医生讨论一下强化肺脏的锻炼。
- 减轻压力。

以下情形请立刻打电话给你的医生：

- 咳嗽、喘鸣或呼吸困难。
- 觉得你需要服用比医嘱更多的药。
- 华氏 101 度或摄氏 38 度以上的发烧。

- Have mucus that is not white or clear or is too thick to cough up.
- Have problems caused by your medicine such as shakiness, confusion, nervousness, upset stomach or a bad taste.
- Are not able to do your normal activities or exercise.

Call 911 **right away** if you have:

- Severe wheezing, trouble breathing or coughing.
- Chest pain.
- Lips or fingernails that are gray or blue.

Talk to your doctor or nurse if you have any questions or concerns.

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- 不是白色痰液或清痰或痰太浓而咳不出来。
- 由服药而引起的问题，如颤抖、意识混乱、紧张、胃痛或胃口不好。
- 不能进行正常活动或锻炼。

如有以下症状请立刻拨打 911：

- 严重气喘、呼吸有困难或咳嗽。
- 胸痛。
- 嘴唇或手指甲呈灰色或青色。

如有任何疑问或关注事宜，请告知你的医生或护士。

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