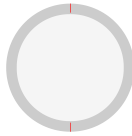



## PLAGIARISM SCAN REPORT

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Know everything about childhood asthma

Childhood asthma, also termed as Pediatric asthma, is the most commonly occurring condition in infants and children. It causes inflammation to the airways of the lungs, making it difficult for the child to breathe. As per research, approximately 5.1 million children under the age of 18 in the United States suffer from Asthma.

It is a chronic condition that can develop at any age, but often begins during childhood. Researchers suggest that exact causes of Asthma are not known. But both environmental and genetic parameters seem to play a crucial role. Asthma is incurable and symptoms persist throughout adulthood. But the symptoms can be mitigated with appropriate treatment.

### Classifications of Childhood Asthma

Based on the seriousness of the symptoms, Childhood Asthma can be categorised as below:

Mild - Coughing or wheezing is present, but the child is able to play, feed and sleep well.

Moderate - The child finds it difficult to run around and play without cough or wheeze. And can result in disturbed sleep patterns causing the child to wake up at night.

Severe - The child will feel too restless to fall asleep, is unable to play and will experience breathlessness and find it hard to eat or talk.

There is no specific diagnostic test and Asthma is examined based on medical history, observation of symptoms and physical detection.

### Cause of Childhood Asthma

Manpreet K Sarna MD, a leading paediatrician highlights the causes of Childhood Asthma as outlined below:

The 'Allergens' (such as pollen, furry pets/toys, mold, housemites, pet dander, and air pollutants) cause inflammation and constrict the airway tubes resulting in breathlessness. The secretions (mucus) released due to the inflammation are trapped in the tube forming cough.

Genetic factors are also one of the major causes. A blood relative having a family history of Asthma has greater chances of inheriting it.

Maternal smoking makes the baby more vulnerable to Asthma.

A baby born with Cesarean-section has more chances of developing Asthma. As it is not exposed to the vaginal bacterial flora during birth that helps in boosting immunity.

Persistent respiratory infections during childhood.

Symptoms of Childhood Asthma

Continual cough and cold (during night, play or sport activities) and wheezing.

Increased breathing rate

Chest pain and tightness

Breathlessness

Reduced Appetite

Dark circles

Sleep disturbances

Fatigue as a result of insufficient sleep

Your child may experience any one of these symptoms or multiple of them. If the symptoms reoccur, it could be an indication that the child might have Asthma. Additionally, the symptoms tend to worsen, if the child is around Asthma triggers (allergens).

Treatment and Management

Childhood Asthma can be managed and controlled using long-term medications. Medicines can be inhaled using pressurized metered-dose inhalers, nebulization and DPIs (Dry-Powdered Inhalers). Most children with continued symptoms of Asthma are required to use a combination of long-term control and quick-relief medications.

In some cases, medicines are required to treat allergies. Most medicines that are prescribed to adults can also be given to asthmatic children adjusting the dose in proportion to their weight and age. It is advised to keep children away from various allergenic triggers to prevent asthma attacks. Consult Manpreet K Sarna MD, a top Telehealth Care in Newport Beach for further advice on childhood asthma.

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