

## Childhood Asthma Article an Opinion

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Asthma is a common chronic condition that affects the airways in the lungs, making breathing difficult. It can start at any age, but childhood asthma is particularly important to recognize and manage early to help kids live healthy and active lives.

### What is childhood asthma?

Asthma is a condition where the airways become inflamed and narrow, making it hard for air to flow in and out of the lungs. During an asthma attack, the muscles around the airways tighten, the lining swells, and mucus builds up, causing symptoms like wheezing, coughing, and shortness of breath.

### Causes and triggers

Asthma can be triggered by various factors, including:

- Allergens: Dust mites, pollen, pet dander, mold.
- Irritants: Smoke from cigarettes, pollution, strong odors.
- Cold air: Breathing in cold or dry air.
- Physical activity: Exercise-induced asthma during or after physical exertion.
- Respiratory infections: Common colds or flu can worsen asthma symptoms.
- Stress and emotions: Strong emotions can sometimes trigger symptoms.

### Signs and symptoms

Common symptoms of childhood asthma include:

- Frequent coughing, especially at night or during exercise
- Wheezing, a whistling sound when breathing out
- Shortness of breath or rapid breathing
- Chest tightness or pain
- Difficulty sleeping due to breathing problems.

### Managing childhood asthma

While there is no cure for asthma, it can be effectively managed. Management strategies include:

- Using inhalers: Quick-relief inhalers (bronchodilators) to open airways during attacks, and long-term control inhalers (steroids) to reduce inflammation.
- Avoiding triggers: Keeping the home clean, avoiding smoke, and minimizing exposure to allergens.
- Monitoring symptoms: Keeping a diary of symptoms and triggers to help the doctor adjust treatment.
- Regular medical check-ups: Working with healthcare providers to develop and follow an asthma action plan.
- Educating the child: Teaching kids how to use inhalers correctly and recognize early symptoms.

### When to seek help

If your child's symptoms worsen, do not improve with medication, or they have difficulty speaking or walking due to breathlessness, seek emergency medical help immediately.

### Conclusion

Childhood asthma can be a manageable condition with proper care and attention. By understanding the causes, recognizing symptoms early, and following management plans, children with asthma can lead healthy, active, and fulfilling lives.

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