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Asthmatic Attacks in Winter

Asthmatic Attacks in Winter

For many people, asthma attacks may happen more often in the winter.

"There are two challenges for people with asthma in the winter. One is that they spend more time inside. The other is that it's cold outside," says an asthma expert at Washington University in St. Louis.

While you're indoors, you breathe in asthma triggers such as mold, pet dander, dust mites, and even fires in the fireplace. When you venture out, you could have an asthma attack from inhaling the cold air.

Here's how to breathe easier during the cold months.

When you inhale something that triggers your asthma, your airways the tubes in your lungs that carry air can become tight and clogged with mucus. You may cough, wheeze, and struggle to catch your breath.

Talk to your doctor about having tests to find out what your triggers are. Once you know them, you can make some changes at home that may help:

- **Limit time around pets-** Having a dog or cat in your home may trigger your asthma. Try to keep it out of the bedroom. Curbing allergy triggers where you sleep can make a big difference.
- **Cover bedding-** If mites are a trigger, use mite-proof covers on the mattress, box springs, and pillows, he says. These help keep dust mites away overnight.
- **"Keep the house cool and dry-** Dust mites as well as mold don't grow very well when it's cool and

dry," Some ways to help keep your home dry during the winter include:

1. Run the fan in your bathroom when taking a bath or shower.
2. Use the exhaust fan in the kitchen when cooking or using the dishwasher.
3. Fix leaky pipes and windows.

The common cold and flu are both more likely to strike in the winter and can lead to asthma flare-ups. You can lower your family's risk of these illnesses, though:

- Wash your hands. This helps keep viruses from getting into your body when you touch your eyes, nose, or mouth.
- Stay away from people who are ill. If a coworker or friend has the cold or flu, keep your distance.
- Get a flu shot. Experts suggest that most people get a flu shot each year. This helps protect you from catching the flu.

Treating Winter Asthma

People with asthma not only use quick-relief meds; they often need to take medicine every day for long-term asthma control. But sometimes they make the mistake of stopping the medications when they no longer feel symptoms.

So, even if you haven't had a flare-up for a long time, be sure to follow your doctor's directions for controlling your asthma. As winter nears, make sure you have current prescriptions for all medications.

— Sarita Gupta

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Asthma Attack

What Is an Asthma Attack?

An asthma attack is a sudden worsening of asthma symptoms caused by the tightening of muscles around your airways (bronchospasm). During the asthma attack, the lining of the airways also becomes swollen or inflamed and thicker mucus more than normal is produced. All of these factors bronchospasm, inflammation, and mucus production cause symptoms of an asthma attack such as difficulty breathing, wheezing, coughing, shortness of breath, and difficulty performing normal daily activities. Other symptoms of an asthma attack may include:

- Severe wheezing when breathing both in and out
- Coughing that won't stop
- Very rapid breathing
- Chest tightness or pressure
- Tightened neck and chest muscles, called retractions
- Difficulty talking
- Feelings of anxiety or panic
- Pale, sweaty face
- Blue lips or fingernails
- Or worsening symptoms despite use of your medications

Some people with asthma may go for extended periods without having an asthma attack or other symptoms, interrupted by periodic worsening of their symptoms, due to exposure to asthma triggers or perhaps from overdoing it as in exercise-induced asthma.

Mild asthma attacks are generally more common. Usually, the airways open up within a few minutes to a few hours after treatment. Severe asthma attacks are less common but last longer and require immediate medical help. It is important to recognize and treat even mild symptoms of an asthma attack to



help you prevent severe episodes and keep asthma under control.

What Happens if an Asthma Attack Goes Untreated?

Without immediate asthma medicine and asthma treatment, your breathing may become more labored, and wheezing may get louder. If you use a peak flow meter during an asthma attack, your reading will probably be less than your personal best.

As your lungs continue to tighten during the asthma attack, you may be unable to use the peak flow meter at all. Gradually, your lungs may tighten so much during the asthma attack that there is not enough air movement to produce wheezing. This is sometimes called the "silent chest," and it is a dangerous sign. You need to be taken to a hospital immediately with a severe asthma attack. Call 911 for help. Unfortunately, some people interpret the disappearance of wheezing during the asthma attack as a sign of improvement and fail to get prompt emergency care.

If you do not receive adequate treatment for an asthma attack, you may eventually be unable to speak and can develop a bluish coloring around your lips. This color change, known as "cyanosis," means you have less and less oxygen in your blood. Without immediate aggressive treatment in an emergency room or intensive care unit, you may lose consciousness and eventually die.

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Most Common Lung Problems

Colds - You can get the virus that causes colds from a sick person's cough or sneeze. It brings on a runny nose, sneezing, and sometimes fever. It may irritate your lungs and airways and give you a cough, triggering asthma or infections like pneumonia or bronchitis. There's no cure, so expect to sniffle and sneeze for 7 to 10 days or so. See your doctor if your symptoms worsen, you have a fever for 5 or more days, or you have a severe sore throat.

Bronchitis - This means that the tubes that carry air to and from your lungs are inflamed. A cold or the flu, or irritants like pollen or cigarette smoke, can cause it. You may cough up a thick, sometimes colored mucus. See your doctor if it lingers for 3 weeks or more, if you have a fever, or if you have blood in your mucus. You may need medicine. If you have long-term (chronic) bronchitis, breathing exercises may also help.

Pneumonia - A virus, bacteria, or fungus infects air sacs in your lungs, which fill with fluid or pus. You may have a temperature, find it hard to breathe, and cough up thick mucus. It can be serious, so see your doctor if you have trouble breathing, chest pain, or if your fever won't end. If bacteria are to blame, antibiotics can help. Other types are harder to treat, but rest and meds can make you feel better and stop it from getting worse.

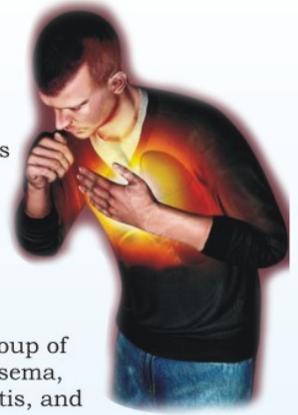
Asthma - Your airways narrow and swell, which makes it harder to breathe and may make you cough up mucus. It can be an allergic response to things like pollen, dust, or smoke. But exercise, cold air, the common cold, and even stress can trigger it. Your doctor can help you figure out what brings on your asthma and

how to avoid it. You may get medication to inhale that helps you breathe during an attack or pills that help control your symptoms.

COPD - It's a group of diseases emphysema, chronic bronchitis, and asthma in some cases that can irritate or damage the tiny air sacs in your lungs. It's harder to breathe, and you'll likely cough a lot, which may bring up mucus. Your doctor can help you treat symptoms with medication and lifestyle changes. The most common cause is smoking. Quitting can make you feel much better and slow down the disease.

Lung Cancer - Faulty cells grow into tumors in your lungs. Smoking is the No. 1 cause, but it's not just smokers who get it. You might not notice any signs early on. Later, you may have a cough that won't get better or produces blood, along with chest pain, wheezing, and trouble breathing. But these things can happen for other reasons. If it's cancer, your doctor may treat it with surgery, radiation, chemotherapy, or immunotherapy.

Respiratory Distress Syndrome - It often develops in the first 24 hours after birth in babies born before 28 weeks. It happens because your baby can't yet make surfactant, a liquid that helps open up the lungs. Breathing is hard, and organs may not get enough oxygen. Your baby might sharply pull in her chest with rapid, shallow breaths, or she might grunt or flare her nostrils. A breathing tube will help bring surfactant to her lungs until she can make it herself.





Laughter therapy for Stress Free Life

Laughing is an excellent way to reduce stress in our lives, and can help you to cope with and survive a stressful lifestyle.

Laughter provides a full-scale workout for your muscles and unleashes a rush of stress-busting endorphins. Since our bodies cannot distinguish between real and fake laughter, anything that makes you giggle will have a positive impact. You do not need to be happy or have a sense of humour to benefit from a good laugh.

Laughter therapy aims to get people laughing in both group and individual sessions and can help reduce stress, make people and employees happier and more committed, as well as improve their interpersonal skills.

Laughter Yoga

Laughter Yoga includes four things:-

- ❖ Clapping in rhythm to 'ho-ho-ha-ha-ha'.
- ❖ Breathing and stretching.
- ❖ Child-like play.
- ❖ Laughter exercises.

When you take part in a laughter workshop you get a release of

endorphins, giving you a "feel good" factor; the whole body relaxes and stress and tension is reduced.

You also get an aerobic exercise. Laughter tones your muscles and improves your respiration – and your immune system is boosted which helps you to resist disease.

You can easily acquire the skills to lead a laughter yoga workshop. You will need an outgoing personality, be a good communicator and quite happy to lead a group of people into laughter.



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Winter Asthma

Tips to Avoid Cold Air

To protect yourself from asthma flare-ups due to chilly weather, follow these suggestions:

Cover your face: Drape a scarf across your mouth and nose, or wear a winter face mask that covers the bottom half of your face.

Exercise indoors: Work out at a gym or inside your home, or walk laps inside a mall.

Treating Winter Asthma

People with asthma not only use quick-relief medicines, they often need to take medicine every day for long-term asthma control. But sometimes they make the mistake of stopping the medications when they no longer feel symptoms. So, even if you haven't had a flare-up for a long time, be sure to follow your doctor's directions for controlling your asthma. As winter nears, make sure you have current prescriptions for all medications.

Talk to your doctor about an asthma action plan, the plan should make it clear when to take each type of medication and when to call the doctor or call for emergency medical help. Divide the plan into three categories or zones:

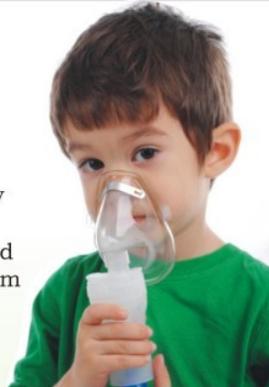
- How to handle your asthma when you're feeling good and have no symptoms.
- What to do if you start to have symptoms.
- The steps to take if your symptoms are severe or you can't control them.

You probably won't need to change your action plan for the winter, Jackson says. But since you may be more likely to need it during the cold months, make sure you review your plan before winter and keep it handy.

Tips for Children

As winter approaches, you can help your child have fewer asthma problems, too:

- Give them some responsibility for keeping their asthma under control. This includes knowing how to avoid triggers and how to follow their action plan.
- Discuss your child's action plan with the school nurse.
- Teach the importance of proper hand washing, especially during cold and flu season.



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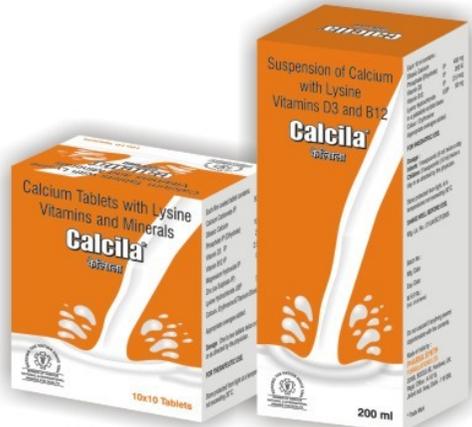
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तनाव कम करें आसानी से



आज की दुनिया में 24 घंटे के भीतर अपने सभी कामों को पूरा करना एक बड़ी उपलब्धि है। इसके परिणाम स्वरूप, आप को शायद ही आराम से बैठने का समय मिलता हो। जिन्दगी के हर क्षेत्र में बहुत सी स्थितियों में आप दबाव या तनाव महसूस करते होंगे। तनाव आपके शरीर में खतरे की घंटी की तरह होता है। जब आपको खतरा लगता है, तो आपका नर्वस सिस्टम आपके शरीर से तत्काल स्ट्रेस हॉर्मोन रिलीज़ करता है।

यह एक तथ्य है, कि ज्यादातर लोगों को पता ही नहीं चलता है कि वह तनाव में है। क्या आप उनमें से एक हैं? विभिन्न तनाव प्रबंधन तकनीक हैं, जो आपके शरीर को तनाव के साथ समझौता करने में मदद करती हैं जिसमें प्रयास और नियमित अभ्यास करने की आवश्यकता है। अगर आप इस आदत का रोज़ाना अभ्यास करते हैं तो आप प्रभावी रूप से तनाव को कम करने में सक्षम हो सकते हैं।

आप भी अपनी जीवनशैली में कुछ परिवर्तन करके अपने आप को तनाव मुक्त कर सकते हैं।

व्यायाम करें – व्यायाम न केवल आपको फिट बनाता है बल्कि आपके तनाव के स्तर को भी कम करता है। यह आपका उन सूत्रों से ध्यान बढ़ाता है, जो तनाव और कम रक्तचाप के कारण होते हैं। यह आपको क्रोध से राहत दिलाने में मदद करता है। आप कसरत या अन्य व्यायामों जैसे— तैराकी, योग, कताई या एरोबिक्स का विकल्प चुन सकते हैं। टहलना और तेज़ चलना भी अन्य विकल्पों में से एक हैं। अंतिम चुनाव आपका है।

अपने आप को ध्यान (मेडिटेशन) से शांत

रखें – एक परेशान मन तनाव का स्रोत होता है। ध्यान या मेडिटेशन सदियों से हमारे देश में किया जाता है और इसके लाभ अनगिनत हैं। यह आपके मन को मजबूत बनाने, नियंत्रित करने और आराम देने में मदद करता है। इस कला में महारत हासिल करने में समय लगता है। विभिन्न अध्ययनों से यह साबित हुआ है। ध्यान आपके श्वास लेने पर केंद्रित होता है, जो सभी नकारात्मक और तनावपूर्ण विचारों को बाहर खींचकर आपके मन को शांत रखता है। आप ध्यान मुख्य रूप से शांत जगह पर किसी भी समय कर सकते हैं। लाभ लेने के लिए अभी से शुरू हो जाएँ।

मसाज थैरेपी— मसाज थैरेपी में शारीरिक स्पर्श शामिल होता है। यह प्राचीन काल से अभ्यास की जाने वाली थैरेपी है, जो तनाव को कम करने में बहुत प्रभावी होती है। ध्यान आपके शरीर के दबाव अंगों पर केंद्रित होता है। कुछ मसाज नरम होती हैं और कुछ आक्रामक होती हैं। आम मसाज में कंकाल की मांसपेशियों को रगड़ना शामिल होता है। यह आपके शरीर की मांसपेशियों से विषाक्त पदार्थों, जकडन और दर्द से आपको राहत दिलाती है। यह अच्छी तरह से याद रखें कि जब आपका शरीर रिलैक्स होता है तो आपका मन भी वह दर्शाता है।

बुरी आदत से दूर रहें – आज की आधुनिक जीवन शैली आपको शराब, कैफीन, निकोटीन या विभिन्न अन्य दवाओं का आदी करने के लिए आसानी से प्रोत्साहित कर सकती हैं। यह तनाव से अस्थायी राहत प्रदान करके समस्या को ढक देती हैं। इन पदार्थों का ज्यादा प्रयोग करने से

आपका स्वास्थ्य प्रभावित होता है। समय के साथ, यह आपके लिए खुद भी तनाव का एक स्रोत बन जाता है। उन मामलों में तनाव का प्रबंधन करना बहुत मुश्किल हो जाता है। बुद्धिमान बनिए और सभी प्रकार की आदतों से दूर रहिये।

आपके मन का सम्मोहन – यह तरीका महत्वपूर्ण स्थितियों में कारगर होता है। यह प्रक्रिया आपके मन को ऐसे ट्रेन करती है, जिससे आप तनाव से निपट सकें। इसके उपचार के लिए एक हिप्नोथैरेपिस्ट के पास जाना बेहतर होता है। इस विधि के माध्यम से, चिकित्सक आपके मन में सकारात्मक सोच भर देता है। यह आपको तनाव से ठीक तरह से लड़ने में मदद करता है। आप आत्म-सम्मोहन का अभ्यास भी कर सकते हैं। आप अपने मन में कुछ भी सोच सकते हैं जो आपको तनाव मुक्त रखे।

स्वस्थ आहार खाएँ और अधिक नींद लें—

हमारी जीवन शैली के इन दो क्षेत्रों की जाँच होनी चाहिए। भोजन न करने से अधिक तनाव हो जाता है। दिन भर थोड़ा स्वस्थ भोजन लेते रहना चाहिए। यह आपकी ऊर्जा को बढ़ाकर और तनाव के स्तर को कम करने में मदद करता है। नींद की कमी से तनाव का स्तर भी बढ़ जाता है। जल्दी सोने की आदत डालें, क्योंकि पर्याप्त आराम मिलने से आपके शरीर को तनाव से निपटने में मदद मिलती है।

क्या आपके पास पालतू जानवर है? अगर नहीं है तो समय है कि आप ले आएं – अध्ययन ने यह साबित कर दिया है, कि यदि आपके पास एक पालतू जानवर है तो आपका तनाव रक्तचाप के साथ कम हो जाता है। यह परिवार में एक नए सदस्य की तरह होता है। अपने पालतू जानवरों की देखभाल करना और उसका टहलने के लिए ले जाना आपके तनाव को काफी हद तक कम कर देता है।

चित्र पहचानो

Identify and write the name of following National Heroes of the Month. They have contributed to the freedom of India. We have their inspiration in our heart & soul.



A. _____



B. _____



C. _____



D. _____

(Find answers, printed somewhere in this issue)

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Dance your Way to a Healthy Life

Dance is an essential part of our culture and celebrations. Music beats always make us tap our feet. Classical dances, folk, hip-hop, jazz,

ballet, belly dance, salsa, tap dance, contemporary dance and many more styles from all around the world are now familiar to us through the various dance reality shows that are being telecasted in the weekends, keeping us glued to the television with awe. But did you think of getting up and trying some of the steps yourself? Dancing can really be an enjoyable way to stay fit and active. Look into the many health benefits it has to provide you with.

Select a Dance Style

- ⊙ Depending on your intensity choose a dance style. If you prefer burning more calories, opt for tap dance or if you want something to start with, go for the foxtrot.
- ⊙ Once you choose your style put on your dance shoes and join a dance class or practice at home seeing dance videos.

Good Scope to Socialise, Improved Self-esteem

- ⊙ A dance class or a group is the perfect place to socialise and make new friends. Being socially engaged leads to healthy eating habits, regular exercise routine, happiness, reduced stress, and a strong immune system.
- ⊙ Learning a new step every day boosts your self-confidence. Stronger social ties with your dance group or partners refine

your self-esteem.

Get Refreshed

- ⊙ Feeling stressed or depressed? Try dancing with a partner, with some good music. Both bring about stress relief and a good mood.
- ⊙ Dancing makes you sweat and helps release the body toxins making you fresh and revived.

Feel the Change

- ⊙ Dancing enhances your memory and intelligence. It makes you think clearly, take better decisions and remember well.

Lose Weight Gain Energy

- ⊙ Dancing is a workout itself. The steps make your entire body exercise and help in weight loss. A daily dose of dance improves your physical performance and boosts your energy.

Keep the Heart Safe

- ⊙ Dancing is good for your heart. It also benefits your cardiovascular system and increases your lung capacity.

Secret to Better Health

- ⊙ Dancing helps to reduce cholesterol levels and blood sugar levels in diabetic people.
- ⊙ When you dance, you need to stretch and do many moves which contributes to your body flexibility.
- ⊙ Dance strengthens your muscles and bones and increases muscle endurance.
- ⊙ With dancing, your body posture improves. It helps you to stabilize and to gain better control of your body.

Any dance form benefits you the same way. So, choose your music, your style and a good circle and start grooving to the beats. Can any workout be better than this?

(A) Sucheta Kriplani (B) Khudiram Bose (C) B.R. Ambedkar (D) Ramprasad Bismil

COUGH

Coughing is normal in human beings and animals. The purpose of coughing is to clear throat and airways so that one can breathe normally. Excessive coughing indicates disorder or disease. Cough can be productive or dry. There is another type of cough nocturnal cough which occurs at night. In productive cough, sputum or phlegm is brought up and spitted. Coughs can be due to several reasons i.e. pollution/irritation, gastroesophageal reflux disease (GERD), choking, chronic bronchitis, asthma/emphysema, a tumour in the lung, heart failure, some drugs (e.g., ACE inhibitors), post-nasal drip, and smoking.

TYPES OF COUGHS

Coughs can be acute or chronic. Acute cough may last for 2-3 weeks. Chronic cough may last longer up to 8 weeks or longer. Acute cough generally is due to infection in upper respiratory tract usually viral infection e.g. common cold, flu. Infection could be in lower respiratory tract. In this, lungs and/or the airways lower down from the throat (windpipe) are infected. Examples include bronchitis and pneumonia. An acute cough can also be caused by hay fever. A chronic cough may be caused by smoking, mucus dripping down the throat from the back of the nose (nasal drip), GERD, asthma, and some medications (e.g. ACE-inhibitors).

SIGNS AND SYMPTOMS

- Signs and symptoms depend on the underlying cause and may include the following:
- Nasal congestion or post nasal drip from acute or chronic sinusitis, headache.
- Wheezing from asthma.
- Heartburn from GERD.
- Fever, chills, night sweats from bronchitis, pneumonia, tuberculosis or other lung infection.
- Blood in sputum or unintentional weight loss from lung cancer.

- Chest pain, shortness of breath or sweating of legs from fluid retention due to congestive heart failure.

MANAGEMENT OF COUGH

If cough lasts more than 3 weeks, it is advisable to get chest X-rayed to detect infection in lungs particularly of tuberculosis.

If the cough is due to viral infection, it is advisable to take rest, take plenty of fluids. Gargle with saline water will help. Throat soother like honey may be helpful. Such coughs generally clear up in 1-2 weeks. If cough persists more than 2 weeks, medical intervention may be necessary. If the cough is due to bacterial infection, antibacterial treatment may be necessary.

If it is chronic cough, it is advisable to go in for spirometry. In this test, the patient is asked to breathe in and out of a tube attached to a machine; this helps the doctor to determine whether the airways have an obstruction which is common in asthma or emphysema. If asthma is diagnosed, doctor should be consulted for medication.

If it is productive cough, cough expectorants may be used. These help bring up mucus and other material from the trachea, bronchi, and lungs which can be spitted. Sometimes sputum becomes thick, for management of such productive coughs, preparations containing guaiphenesin may be used.

If it is dry cough, cough suppressants may be used. These suppress the cough reflex and are generally prescribed for a dry cough only. Examples include pholcodine, dextromethorphan, and antihistamines.

Cough induced by drugs can be managed by withdrawing the drug and switch over to other drug under medical advice.

Courtesy : <http://pharmacyinfo.in>
(A blog by Mr. P.P. Sharma)

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