

## Allergy Testing Halifax

Allergy Testing Halifax - The term asthma comes from the Greek language and means "panting." It is a chronic inflammatory illness of the airways. Asthma is characterized by recurring and variable signs, comprising bronchospasm and reversible airflow obstruction. Signs of asthma comprise: chest tightness, wheezing, shortness of breath and coughing. Asthma is clinically classified depending on the frequency of signs, peak expiratory flow rate and forced expiratory volume in one second. Asthma can be further categorized as extrinsic or atopic or non-atopic or intrinsic.

The condition of asthma is caused by various environmental and genetic elements or combination thereof. Acute signs are often treated by using an inhaled short-acting beta-2 agonist like for example salbutamol. People who have asthma try to avoid triggers consisting of irritants and allergens. Individuals who suffer from asthma often find relief by inhaling corticosteroids. Treatments utilizing Leukotriene antagonists are less helpful as opposed to corticosteroids are normally less favored.

Normally, a diagnosis is made based upon the pattern of indications in addition to the response to therapy over time. Ever since the 1970s, there has been a significant increase in asthma. Based on the 2010 statistics, throughout the globe, over three hundred million people are affected worldwide and 250,000 asthma deaths were recorded in the year 2009. The prognosis for asthma is normally good because of the ability to correctly control this particular condition through therapy.

### Classification

Asthma is classified based on its severity in individuals, the frequency of signs, if the indications take place at night, FEV1 variability and predicted percent of FEV1, how intermittent and often the attacks occur and so on. The asthma can be considered mild persistent if the attacks happen less than 2 times per week and not each and every day. For instance, if they happen 3 to 4 times per month. One more category will be moderate persistent. These attacks could happen once a week but not nightly. Daily attacks are considered to be severe persistent occurring often 7 times per week, perhaps a number of times per day.

Currently, there is no concise way for categorizing various subgroups of asthma, even if the condition is classified based on severity as listed above. Cases of asthma respond to various treatments. There is still much research ongoing to be able to find ways to classify subgroups and what treatments respond well.

Asthma is not classed as a chronic obstructive pulmonary disease, though this particular illness is a chronic obstructive condition. Chronic obstructive pulmonary disease consists of emphysema, chronic bronchitis and bronchiectasis for example. These diseases are irreversible. In asthma, the airway obstruction is reversible, although, if not treated, the chronic lung inflammation during asthma can become an irreversible obstruction due to airway remodeling. Asthma likewise affects the bronchi and not the alveoli as in emphysema.

### Asthma Attack

Asthma attacks are defined as an acute asthma exacerbation. The classic signs include: shortness of breath, wheezing and chest tightening, although some individuals present mainly together with coughing. In some cases, arm motion could be impaired so greatly that no wheezing is heard. During an attack, there can be a paradoxical pulse, which refers to a pulse that is stronger during exhalation and weaker during inhalation. The individual may have a blue tinge to their nails and skin caused by the lack of oxygen. Certain neck muscles like the scalene and sternocleidomastoid muscles may become more pronounced as the person struggles for air.

In a mild exacerbation the peak expiratory flow rate or also known as PEF is  $\geq 200$  L/min or  $\geq 50\%$  of the predicted best. Moderate is defined as between 80 and 200 L/min or 25 percent and 50 percent of the predicted best while severe is defined as  $\leq 80$  L/min or  $\leq 25\%$  of the predicted best.

### Exercise Induced

Amongst top athletes, asthma can be exercise induced. In the Summer Olympic Games held Last 1996 within Atlanta, a survey of the athletes showed that 15 percent of athletes had asthma and 10% were on asthma medication. The most common sports that have a high incidence of asthma comprise mountain biking, cycling and long-distance running. Weight-lifting and diving show a somewhat lower incidence. There has been evidence suggesting inadequate vitamin D levels are associated with serious asthma attacks. Most commonly, exercise induced asthma is treated effectively with the use of a short-acting beta2 agonist.

### Occupational Asthma

Lots of individuals have asthma as a result of things they are exposed to at their workplace. This is reported as occupational respiratory disease. Most of cases of occupational asthma are not recognized or reported as such. The highest percentage of cases occurred during labourers and fabricators, followed by managerial specialists and professionals as well as those in technical, sales and administrative support jobs. Most of these cases of asthma were in the manufacturing and services industries. Certain reactive chemicals are commonly associated with work-related asthma as well as items like enzymes, animal proteins, natural rubber latex and flour. One research reported that 15 to 23 percent of new onset asthma cases that occurred in adults are work related.

### Causes

Asthma is caused by environmental and genetic elements. These issues influence how severe the asthma is as well as how it responds to medication. There have been researches showing connected illnesses such as hay fever and eczema are associated. The strongest risk factor for developing asthma is a history of atopic disease. The more allergens an individual reacts to on a skin test, the higher the chances of them having asthma.

Much allergic asthma is associated with sensitivity to indoor allergens. In the West, our typical housing styles likewise allow greater exposure to indoor allergens. There have been mixed findings to the prevention studies aimed at the aggressive reduction of airborne allergens inside a house with babies. For instance, strict dust mite restriction has lessened the risk of allergic sensitization to dust mites and somewhat lessens the risk of developing asthma until the age of 8. Although, similar studies with exposure to cat and dog allergies have shown that exposure during the first year of life was found to lessen the risk of allergic

sensitization and of developing asthma later in life.

There have been studies in the UK and the USA exploring the link between the development of asthma and obesity. Different factors linked with obesity could play a role in the pathogenesis of asthma. Like for example, because of a build-up of fatty or adipose tissue, a decreased respiratory function may arise. This may be partly because adipose tissue contributes to a pro-inflammatory state and this has been linked with non-eosinophilic asthma. Adult onset asthma has likewise been associated with periocular xanthogranulomas and Churg-Strauss syndrome.