ASTHMA (Pediatrics) FACT SHEET

The Bureau of Home and Community Services in partnership with Alabama Medicaid and the University of South Alabama Center for Strategic Health Innovation is excited to announce the addition of Pediatric Asthma to the Remote Patient Monitoring Services beginning October 1st, 2023. With the addition of Pediatric Asthma, assistance to parents and children throughout the state of Alabama arrives to improve the quality of life.

What is asthma? - Asthma is a disease that affects breathing. Symptoms of asthma may include difficulty breathing, cough, wheezing, or shortness of breath. People with asthma symptoms can't get air out of their lungs and need medications to breathe better.

What causes asthma? - Asthma has both genetic and environmental causes. This means children of parents who have asthma are more likely to have asthma. It is also seen with other diseases like allergies and eczema. Other causes may include living in a large city or having certain infections in childhood.

Who gets asthma? - Anyone can get asthma at any age. Usually, asthma shows up in young children and may continue for their entire lives.

Does asthma go away? - Although many people feel that they may "grow out" of their asthma, this may not be true. Many adults who had asthma as children may continue to have symptoms, even though they may be only few times per year. Therefore, it's so important to follow your doctor's directions and not stop medications until you are told to.

What makes asthma worse? - Anything that causes irritation in the lungs can make asthma worse. This might be the common cold or another virus, exposure to cigarette smoke, and pollen or other allergens. Some people have very severe asthma, and some people only have mild asthma. However, anyone can have an asthma "attack", and anyone can get very sick.

How is asthma treated? - Asthma is treated with medications, usually medicines that are inhaled into the lungs. When asthma symptoms are severe (an asthma "attack"), people are treated with a medication called albuterol that can "rescue" them from their symptoms. To keep symptoms from starting, many people are treated with daily medications that are usually a small dose of a steroid. Sometimes, people with severe asthma symptoms may require large doses of steroids by mouth or by IV if they are very sick.

What happens if my asthma isn't treated? - People with untreated asthma can have severe breathing problems. This may require a doctor visit, an ER visit, hospitalization, or can even cause death. If treated properly, people with asthma can lead normal lives. This means you or your child can run, play, exercise, play sports, and have fun with everyone else!

LINK:
https://www.alabamapublichealth.gov/alphtn/featured/2023-pediatric-asthma-training.html

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