

# The psychological impact of asthma and how to manage stress and anxiety

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## DESCRIPTION

These medications provide rapid relief from acute symptoms and are used as needed. These bronchodilators quickly relax the airway muscles and provide relief from symptoms such as wheezing and shortness of breath. These medications help relax the airway muscles and reduce mucus production, particularly in cases of severe asthma exacerbations. In cases of severe exacerbations, corticosteroids may be prescribed to reduce inflammation and improve symptoms. Making certain lifestyle changes can help manage asthma symptoms and reduce the frequency of exacerbations. Identifying and avoiding asthma triggers is crucial. This may include staying indoors during high pollen counts, using dust mite-proof bedding, avoiding exposure to smoke, and reducing exposure to pets if allergic. Physical activity is important for overall health, but it's essential to choose exercises that are less likely to trigger asthma. Activities such as swimming, walking, and cycling are often well-tolerated. A balanced diet rich in fruits, vegetables, and omega-3 fatty acids may help reduce inflammation and improve asthma control. Maintaining a healthy weight can reduce the severity of asthma symptoms, as obesity is associated with increased airway inflammation and reduced lung function. Stress and anxiety can exacerbate asthma symptoms. Techniques such as deep breathing, yoga, and meditation can help manage stress levels. An asthma action plan is a personalized written plan that outlines how to manage asthma daily and how to handle worsening symptoms or an asthma attack. Severe asthma exacerbations, also known as asthma attacks, require prompt medical attention. In such cases, quick-relief medications, such as SABAs and systemic corticosteroids, are used to open the airways and reduce inflammation. In some instances, hospitalization may be necessary for intensive treatment and monitoring. While asthma cannot be cured, certain measures can reduce the risk of developing the condition and help prevent exacerbations in those al-

ready diagnosed with asthma. Both active smoking and exposure to second-hand smoke significantly increase the risk of developing asthma and worsen symptoms in those with the condition. Avoiding tobacco smoke is crucial for preventing asthma and maintaining lung health. Minimizing exposure to common allergens, such as dust mites, pet dander, and mold, can reduce the risk of developing asthma in susceptible individuals. This may involve regular cleaning, using allergen-proof bedding, and maintaining low indoor humidity levels. Respiratory infections, particularly in early childhood, are linked to the development of asthma. Ensuring timely vaccinations, practicing good hygiene, and avoiding close contact with infected individuals can help prevent respiratory infections. Maintaining a healthy weight, engaging in regular physical activity, and following a balanced diet can reduce the risk of asthma and improve overall respiratory health. Maternal health during pregnancy, including avoiding tobacco smoke and managing stress, can influence the risk of asthma in offspring. Breastfeeding and introducing solid foods at the appropriate time may also play a role in preventing asthma development in children. Asthma is a chronic respiratory condition that affects millions of people worldwide. While it cannot be cured, it can be effectively managed with a combination of medication, lifestyle modifications, and trigger avoidance. Understanding the causes, symptoms, and treatment options for asthma is crucial for both patients and healthcare providers to ensure optimal control and improve quality of life.

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## CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

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