



### **Managing Asthma In School Aged Children**

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Soon Fall will be here and children will be returning to school. Three million children under the age of 18 have been diagnosed with asthma. Fall is a common time for asthma to flare up in school-aged children.

#### **Learn to understand your child's signs of asthma.**

Asthma is a chronic condition with acute exacerbations. Not all patients wheeze. Any of the following symptoms may be caused by asthma:

- Wheeze, Cough
- Chest Congestion, Shortness of Breath

Some younger patients may not be able to verbalize or accurately describe their symptoms. They may just say: "My chest hurts" or "I don't feel well."

#### **Identify triggers that affect your child:**

- Environmental Allergens ( dust, pollen, mold, animal dander)
- Respiratory Irritants (smoke, fumes, dust)
- Upper Respiratory Infection • Exercise
- Weather Changes • Pollution

**Work with your child's physician to develop a management program** that is appropriate for your child's asthma. Treatments for acute relief of symptoms are called "rescue therapy," work rapidly, and may be used on an "as-needed" or intermittent basis. Medications used to control or prevent attacks are called "controller medications" and are usually taken daily.

**Learn your school's policy regarding taking asthma medications at school.** Identify school personnel that supervise medications and provide them with a list of prescribed medications with instructions, your child's physician's name, emergency procedures and phone numbers.

Asthma is a serious but treatable condition. With proper diagnosis and management, children with asthma can feel better, participate in physical activities, sports and other school-related functions.