

Asthma Attack Peak Flow

Panic attack Typically, these symptoms are the worst within ten minutes of onset and can last for roughly 30 minutes, though they can vary anywhere from seconds to hours. While they can be extremely distressing, panic attacks themselves are not physically dangerous. During a panic attack, the body's stress response Panic attacks are sudden periods of intense fear and discomfort that may include palpitations, otherwise defined as a rapid, irregular heartbeat, sweating, chest pain or discomfort, shortness of breath, trembling, dizziness, numbness, confusion, or a sense of impending doom or loss of control. Panic attacks can cause chest pain by affecting blood flow in arteries of the heart. of heart disease c73113e887

Panic attacks function as a marker for assessing severity, course, and comorbidity (the simultaneous presence of two or more diagnoses) of different disorders, including anxiety disorders. Hence, while panic attacks cannot be applied to all disorders found in the DSM, they are a common comorbidity. c73113e887 Brittle asthma is one of the

"unstable" subtypes of "difficult asthma", a term used to characterize the less than 5% of asthma cases that do not respond to maximal inhaled treatment, including high doses of corticosteroids combined with additional therapies such as long-acting beta-2 agonists. c73113e887 While the potential triggering events for EIB... c73113e887 == Cause == c73113e887

Brittle asthma Type 1 is characterized by a maintained wide PEF variability despite considerable medical therapy including a dose of inhaled steroids, and Type 2 is characterized by sudden acute attacks occurring in less than three hours without an obvious trigger on a background of well controlled asthma. There are two subtypes divided by symptoms: Type 1 and Type 2, depending on the stability of the patient's maximum speed of expiration, or peak expiratory flow rate (PEFR). Textbook of Medicine distinguishes type 1 brittle asthma by "persistent daily chaotic variability in peak flow (usually greater than 40 per cent diurnal variation Brittle asthma is a type of asthma distinguishable from other forms by recurrent, severe attacks c73113e887

The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) defines

them as "an abrupt surge of intense fear or intense discomfort that reaches a peak within minutes and during which time four or more of the following symptoms occur."

These symptoms include, but are not limited to, the ones mentioned above.

c73113e887 An exacerbation (attack) of asthma is experienced as a worsening of asthma symptoms with breathlessness and cough (often worse at night). In acute severe asthma, breathlessness may be so severe that it is impossible to speak more than a few words (inability to complete sentences). c73113e887 == Causes == c73113e887 == Diagnosis == c73113e887 == Signs and symptoms == c73113e887

Wheeze For wheezes to occur, part of the respiratory tree must be narrowed or obstructed (for example narrowing of the lower respiratory tract in an asthmatic attack), or airflow velocity within the respiratory tree must be heightened. Wheezing is commonly experienced by persons with a lung disease; the most common cause of recurrent wheezing is asthma, though it can also be a symptom of lung cancer, congestive heart failure, and certain types of heart diseases. Wheezing heard in the inspiratory A wheeze is a clinical symptom of a continuous, coarse, whistling sound produced in the respiratory airways during breathing. presence of expiratory phase wheezing signifies that the patient's peak expiratory flow rate is less than 50%

of normal c73113e887

The differential diagnosis of wheezing is wide, and the reason for wheezing in a given patient is determined by considering the characteristics of the wheezes and the historical and clinical findings made by the examining physician. c73113e887 Irritant-induced (occupational) asthma is a non-immunologic form of asthma that results from a single or multiple high dose exposure to irritant products. It usually develops early after exposure; however, it can also develop insidiously over a few months after a massive exposure to a complex mixture of alkaline dust and combustion products, as shown in the World Trade Center disaster. Unlike those with sensitizer-induced occupational asthma, subjects with irritant-induced occupational asthma do not develop work-related asthma symptoms after re-exposure... c73113e887

Bronchoconstriction condition has a number of causes, the most common being emphysema as well as asthma. Exercise and allergies can bring on the symptoms in an otherwise asymptomatic Bronchoconstriction is the feeling of constriction in the lungs and airways due to the tightening of surrounding smooth muscle, with consequent coughing, wheezing, and shortness of breath c73113e887

Asthma-related microbes Thus, *Chlamydia pneumoniae*, *Mycoplasma pneumoniae* and human rhinoviruses are microbes that play a major role in non-atopic asthma. HRV on the other hand is an important cause of bronchiolitis and is strongly associated with asthma development. Furthermore, children who experience severe viral respiratory infections early in life have a high possibility of having asthma later in their childhood. In 9 to 11 years old, 80% to 85% of asthma exacerbations that were associated with reduced peak expiratory flow rates and wheezing were due to viral Chronic *Mycoplasma pneumonia* and *Chlamydia pneumonia* infections are associated with the onset and exacerbation of asthma. Although RSV infections increase the risk of asthma in early childhood, the association between asthma and RSV decreases with increasing age. In children and adults with established asthma, viral upper respiratory tract infections (URIs), especially HRVs infections, can produce acute exacerbations of asthma. These microbial infections result in chronic lower airway inflammation, impaired mucociliary clearance, an increase in mucous production and eventually asthma. These viral respiratory infections are mostly caused by respiratory syncytial virus (RSV) and human rhinovirus (HRV) c73113e887

== Signs and symptoms == c73113e887 There is no known cure for asthma, but...

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Occupational asthma Agents that can induce occupational asthma can be grouped into sensitizers and irritants. A peak flow meter is a hand-held device which measures how fast a person can exhale – peak expiratory flow rate (PEFR) – and Occupational asthma is new onset asthma or the recurrence of previously quiescent asthma directly caused by exposure to an agent at workplace. to help diagnose asthma. It is an occupational lung disease and a type of work-related asthma c73113e887

It might be expected that people with EIB would present with shortness of breath, and/or an elevated respiratory rate and wheezing, consistent with an asthma attack. However, many will present with decreased stamina, or difficulty in recovering from exertion compared to team members, or paroxysmal coughing from an irritable airway. Similarly, examination may reveal wheezing and prolonged expiratory phase, or may be quite normal. Consequently, a potential for under-diagnosis exists. Measurement of airflow, such as peak expiratory flow rates, which can be done inexpensively on the track or sideline, may prove helpful. In athletes, symptoms of bronchospasm such as chest discomfort, breathlessness, and fatigue are often falsely attributed to the

individual being out of shape, having asthma, or possessing a hyperreactive airway rather than EIB. c73113e887 Asthma is thought to be caused by a combination of genetic and environmental factors. Environmental factors include exposure to air pollution and allergens. Other potential triggers include medications such as aspirin and beta blockers. Diagnosis is usually based on the pattern of symptoms, response to therapy over time, and spirometry lung function testing. Asthma is classified according to the amount of medication required to control symptoms or mechanisms underlying the condition. c73113e887 == Clinical symptom == c73113e887

Acute severe asthma It is a life-threatening episode of airway obstruction and is considered a medical emergency. Very Acute severe asthma, also known as status asthmaticus, is an acute exacerbation of asthma that does not respond to standard treatments of bronchodilators (inhalers) and corticosteroids. Complications include cardiac and/or respiratory arrest. Asthma is caused by multiple genes, some having protective effect, with each gene having its own tendency to be influenced by the environment although a genetic link leading to acute severe asthma is still unknown. The peak expiratory flow can be measured at the bedside; in acute severe asthma, the flow is less than 50% of a person's normal or predicted flow. The increasing

prevalence of atopy and asthma remains unexplained but may be due to infection with respiratory viruses. Symptoms include chest tightness, rapidly progressive dyspnea (shortness of breath), dry cough, use of accessory respiratory muscles, fast and/or labored breathing, and extreme wheezing c73113e887

Menstrual migraine Most female migraineurs experience migraine attacks throughout the menstruation cycle with an increased number around menstruation, these are menstrually related migraine. About 7%-14% of women have migraines only at the time of menstruation. These are pure menstrual migraines. menstrual cycles along with asthma symptoms experienced, and the peak expiratory flow rate (PMA may cause the PEF to be lowered in the premenstrual period) Menstrual migraine (also called catamenial migraine) is the term used to describe both pure menstrual migraines and menstrually related migraines c73113e887

Menstrual-related migraines happen in around a quarter of women who have migraine headaches. Menstrual migraine attacks usually last longer than other migraine attacks, and short-term treatments do not work as well with menstrual migraine as they do with other kinds of migraine. For predictable menstrual migraines, triptans can be taken in

the days before the menstrual period starts to prevent menstrual migraines, for women that do not respond well to acute treatment and where lifestyle changes are ineffective. c73113e887 According to Hertzen (2002), a common characteristic of asthmatic patients is to... c73113e887 Panic attacks can be caused... c73113e887 On examination, the respiratory rate... c73113e887 Sensitizer-induced occupational asthma is an immunologic form of asthma which occurs due to inhalation of specific substances (i.e., high-molecular-weight proteins from plants and animal origins, or low-molecular-weight agents that include chemicals, metals and wood dusts) and occurs after a latency period of several weeks to years. c73113e887 == Asthma == c73113e887

Asthma Depending on the person, asthma symptoms may become worse at night or with exercise. It is characterized by variable and recurring symptoms and reduced lung function. Symptoms include episodes of wheezing, coughing, chest tightness, and shortness of breath. These may occur a few times a day or a few times per week. shortness of breath. A sudden worsening of asthma symptoms sometimes called an asthma attack or an asthma exacerbation can occur when allergens, pollen, dust, or other particles are inhaled into the lungs, causing the bronchioles to constrict and

produce mucus, which then restricts oxygen flow to the alveoli. A sudden worsening of asthma symptoms sometimes called an asthma attack or an asthma exacerbation can occur when allergens, pollen Asthma is a common long-term inflammatory disease of the airways c73113e887

The term "wheeze" is also used as a clinical condition describing wheezing in preschool children, termed as "preschool wheeze". c73113e887 The condition has a number of causes, the most common being emphysema as well as asthma. Exercise and allergies can bring on the symptoms in an otherwise asymptomatic individual. c73113e887

Exercise-induced bronchoconstriction While exercise does not cause asthma, it is frequently an asthma trigger. However, many will present with decreased stamina, or difficulty in Exercise-induced bronchoconstriction (EIB) occurs when the airways narrow as a result of exercise. and/or an elevated respiratory rate and wheezing, consistent with an asthma attack. This condition has been referred to as exercise-induced asthma (EIA); however, this term is no longer preferred c73113e887

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