

- Swollen lips, tongue, eyes, or face
- Asthma

Common allergens

At home: House dust mites, pets (fur, urine, and saliva), mold spores, cigarette smoke, sprays, perfumes, incense stick (agarbatti) fumes

Outside home: Hay, smoke, pollution, cosmetics, chemicals, medicines, eatables (like nuts, preservatives), change of weather, insect bites and stings, wood dust, chemical paints, metal salt, flour dust, rubber latex

Diagnosis of allergy

- Skin prick testing
- Blood tests
- Patch tests

Treatment of Allergy

Asthma and allergy can extend a long term or lifelong disease that can be treated using immunotherapy in severe cases as it may be fatal.

Depending on the allergy reports treatment can be planned to provide sublingual or subcutaneous immunotherapy.

How can allergy be controlled?

- Skin prick testing
- Stay physically active and exercise
- Avoid alcohol and smoking
- Follow doctor's instructions
- Get regular check ups
- Healthy foods like apples, bananas, avocados, ginger, turmeric, kale, broccoli, sprouts, rosemary, mustard seeds, raw green leafy vegetables, carrots, beans, sunflower seeds, sweet potatoes, garlic, onion, raw milk, cultured dairy, omega-3 rich foods, whole grains

- Avoid common food allergens like eggs, nuts, soy, gluten, pasteurized milk products, processed foods and high-sugar foods, bottle-fed powders and infant formulas, trans fats (fried foods, processed vegetable oils, hydrogenated fats), food preservatives and food colourants (MSG, sulphites, tartrazine, sulphur dioxide), animal products treated with hormones and antibiotics

Our Facilities

- ▶ Pulmonary Function Tests (MS PFT Pro)
- ▶ Spirometry (for children and adults)
- ▶ Bedside spirometry
- ▶ Portable spirometry for occupational health services
- ▶ Maximum ventilation volume (MVV), slow vital capacity (SVC), and forced vital capacity (FVC)
- ▶ Lung volume and subdivisions: Total lung capacity (TLC), respiratory volume (RV), and functional residual capacity (FRC)
- ▶ Single breath diffusion capacity of lungs for carbon monoxide and helium (DLCO-He)
- ▶ Allergy testing
- ▶ Sleep laboratory
- ▶ Smoking cessation program
- ▶ Pulmonary rehabilitation program

Book an Appointment 079-66770000



Kusum Dhirajlal Hospital

Vaishno Devi Circle, S.G. Road, Ahmedabad - 382421

Call On: +91 79 6677 0000

www.kdhospital.co.in

[KDHospitalOfficial](#)

[KD Hospital](#)



KD Hospital

કુસુમ ધીરજલાલ હોસ્પિટલ



PULMONOLOGY

Asthma and Allergy

"Sometimes its okay if the only thing you did today was breathe"

Emergency +91 79 6677 0001

Website : www.kdhospital.co.in

What is Asthma?

Asthma is a chronic condition of lungs in which airways swell, inflame, and clog with mucus making it difficult to breathe.

While most patients believe that their asthma is under control but a lot many things are going on underneath the tip of the iceberg like inflammation, airway hyperresponsiveness, etc.

What risk factors / triggers for asthma?

Allergic

- Dust mites
- Cigarette smoke and other air pollutants
- Compounds in home décor products, sprays
- Certain compounds in food and drinks like preservatives, colour, other additives
- Pet (animal) fur, hair, feathers, urine, saliva
- Pollen from trees, grasses, and flowers
- Medicines like aspirin, some blood pressure drugs
- Weather - extremely cold, dry, wet, or windy (Seasonal asthma)

Non-allergic

- Heredity
- Emotional stress/ strong, extreme emotions
- Common cold and sinusitis
- Exercise

How to recognize if it is asthma?

Symptoms of asthma may vary from person to person and every person may not show all the symptoms.

- Frequent or persistent cough (mostly dry, at night or early morning)
- Wheezing (whistling sound on breathing)
- Chest pain and tightness
- Shortness of breath (intermittent)
- Anxiety

Are any specific tests done to confirm it?

No single test can diagnose asthma so the diagnosis involves a combination of:

- Medical history
- Physical examination
- Pulmonary function tests (PFTs)- Spirometry and bronchovocation tests
- Allergy tests - Serum IgE, Skin prick test
- Chest X-ray

Is it possible to treat asthma?

Every asthma is not the same, so treatment depends on type of asthma which may include oral medications and inhaler.



Open Mouth

Closed Mouth

Using a Spacer

Can asthma be prevented?

Asthma cannot be prevented. However, its symptoms can be controlled by taking your medication regularly, visiting the doctor frequently, and avoiding things that worsen asthma (asthma triggers).

What needs to be done during an asthma attack?

- Stay calm and relax
- Sit upright and loosen clothes
- Take the prescribed inhaler without delay
- Follow the asthma action plan given by your doctor
- If still no relief, call your doctor or visit the nearest hospital without delay

Myths (false beliefs) associated with asthma

- Asthma can be resolved by eating white sweet dish on full moon night
- Eating fish with medicine cures asthma
- Asthma cannot be controlled
- Asthma medicines are habit forming
- Inhaler pump is the last solution for asthma and is habit forming
- Asthma medicine should be taken only when symptoms occur

Asthma facts

- People of all ages affected but most often it starts in childhood
- WHO has found that around 300 million people around the world have asthma, of which 25 to 30 million are in India.
- No cure and you may feel fine but the disease can flare up anytime, so take medicine regularly
- You need to play an active role in managing the disease by teaming up with your doctor

Allergy

Allergy is a condition in which the immune system reacts abnormally to a foreign substance. These may include food allergies, hay fever, allergic rhinitis, atopic dermatitis, allergic asthma, and extreme, rapid adverse reaction (anaphylaxis).

Food, age, and environment play an important role in determining allergy.

Symptoms of allergy

- Repeated cold and cough
- Sneezing and an itchy, runny, or blocked nose (allergic rhinitis)
- Itchy, red, watering eyes (conjunctivitis)
- Raised, itchy, red rash (hives)