

Asthma

FACTSHEET

WHAT?

A disease characterized by recurrent attacks of breathlessness and wheezing, which vary in severity and frequency from person to person. In an individual, they may occur from hour to hour and day to day.

BURDEN

1 IN 10 asthma patients in the world is in India

1.5 TO 2 CRORE estimated asthma patients in India

90 PERCENT of childhood asthma & 50% of adult asthma caused by environmental allergens

BETWEEN 10% AND 15% estimate prevalence of asthma in 5-11 year old children

RISK FACTORS

- Exposure to indoor allergens at infancy
- Inherited tendency to develop allergies (called atopy)
- Genetics
- Medicines (aspirin or other non steroidal anti-inflammatory drugs and nonselective beta-blockers)
- Exposure to tobacco smoke
- Exposure to chemical irritants at work
- Air pollution
- Exposure to sprays (such as hair spray, room freshener)
- Allergic rhinitis (allergen-induced inflammation of the membranes lining the nose)

PREVENTION

- Avoiding triggers
- Early identification & treatment plan
- Control and treatment of allergic rhinitis from its inception

References:

- 1) National Health Portal
- 2) WHO Bronchial Asthma factsheet
- 3) WHO Asthma factsheet

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This resource was designed by REACH as part of our efforts to help improve the quality and frequency of media reporting on NCDs.