

Asthma

Asthma is a disease in which the airways into your lungs become narrow and produce mucus. When this happens, it is hard to breathe. Some things that can trigger an asthma attack include allergies, cold viruses, medicines, dusts, chemicals, exercise or emotions.

Signs

- Breathing faster than normal or trouble breathing
- Wheezing or noisy breathing
- Coughing that may be worse at night or early in the morning
- Feeling tight in the chest
- Having a fast heartbeat
- Having head congestion
- Having a itchy, scratchy or sore throat
- Being tired
- If your doctor ordered a peak flow meter, having a drop in peak flow meter readings

You may have more signs of asthma if you:

- Have allergies
- Have a family member with asthma
- Are sensitive to air pollution
- Are exposed to smoke
- Have stress

Astma

Astma je bolest u kojoj se disajni putevi prema plućima suze i stvaraju sluz. Kad se to dogodi, teško je disati. Neke stvari koje mogu izazvati astmatični napad uključuju alergije, viruse prehlade, lijekove, prašinu, hemikalije, vježbanje ili emocije.

Simptomi

- Ubrzano disanje ili teškoće sa disanjem
- Pištanje ili glasno disanje
- Kašljanje koje se može pogoršati tokom noći ili rano ujutro
- Osjećaj pritiska u prsima
- Brzi otkucaji srca
- Začepljenje u predjelu glave
- Osjećaj svraba, grebanja ili bola u grlu
- Umor
- Ako Vam je doktor propisao mjerač vršnog protoka, pad pri očitavanju vrijednosti na mjerачu vršnog protoka

Možete imati više simptoma astme ako:

- imate alergije
- imate člana porodice sa astmom
- ako ste osjetljivi na zagađenje zraka
- ako ste izloženi dimu
- ako ste pod stresom

Your Care

Your care may include:

- Taking different medicines to:
 - ▶ Open airways
 - ▶ Decrease your body's response to allergens
 - ▶ Decrease the swelling of your airways
 - ▶ Decrease congestion
- Finding out what causes your signs.
- Allergy testing.
- Using a peak flow meter to check and prevent asthma attacks.
- Drinking a large glass of liquid every 1 to 2 hours. This helps keep your mucus thin. Thin mucus is easier for you to cough up and decreases the swelling in your lungs. Clear liquids are best, such as water, fruit juice, tea, broth and clear soups.
- Avoiding milk products when wheezing because they can thicken your mucus.

To Prevent Asthma Attacks

- Keep asthma medicine with you at all times. Take your scheduled medicines even if your signs go away.
- Avoid cigarette, pipe and cigar smoke.
- Stay away from foods, medicines or things that cause you to have signs of asthma. These are called triggers.
- Avoid contact with people who have a cold or flu.
- Rest and drink plenty of liquids at the first sign of a cold.
- Breathe through a scarf or other covering in cold weather.

Njega

Vaša njega se može sastojati od:

- uzimanja različitih lijekova za:
 - ▶ otvaranje disajnih puteva
 - ▶ smanjivanja reakcije tijela na alergene
 - ▶ smanjivanja oticanja Vaših disajnih puteva
 - ▶ smanjivanja začepjenja (kongestije)
- pronalaženja uzroka Vaših simptoma
- alergo-testa
- korištenja mjerača vršnog protoka za provjeru i prevenciju astmatičnih napada
- uzimanja velike čaše tečnosti svakih 1 do 2 sata to pomaže da sluz ne postane gusta. Rijetka sluz je lakša za iskašljavanje i smanjuje oticanje u plućima. Prozračne tečnosti su najbolje, kao što je voda, voćni sok, čaj, čorbe i bistre supe.
- izbjegavanja mliječnih proizvoda prilikom „pištanja“ jer oni mogu dovesti do zgušnjavanja sluzi

Za prevenciju astmatičnih napada

- Držati lijekove za astmu uz sebe cijelo vrijeme. Uzimati lijekove u određeno vrijeme čak i ako su simptomi nestali.
- Izbjegavati dim od cigareta, lula i cigara.
- Držati se podalje od namirnica, lijekova ili stvari koje Vam uzrokuju pojavljivanje simptoma astmatičnih napada. Oni se nazivaju izazivačima.
- Izbjegavajte kontakt sa osobama koje su prehladene ili imaju gripu.
- Odmarajte se i uzimajte dosta tečnosti na prvi znak prehlade.
- Dišite kroz šal ili neki drugi „prekrivač“ kad je hladno vrijeme.

- Talk to your doctor about an exercise to strengthen your lungs.
- Reduce stress.

Call your doctor right away if you:

- Have a cough, are wheezing or are having trouble breathing.
- Feel you need to take more medicine than your doctor has ordered.
- Have a temperature over 100.5 degrees F or 38 degrees C.
- Have mucus that is not white or clear, or mucus that is too thick to cough up.
- Have problems caused by your medicine such as shakiness, confusion, nervousness, upset stomach or a bad taste.
- Are not able to do your normal activities or exercise.

Call 911 right away if you have:

- Severe wheezing, trouble breathing or coughing.
- Chest pain.
- Lips or fingernails that are gray or blue.

Talk to your doctor or nurse if you have any questions or concerns.

- Posavjetujte se sa svojim ljekarom o vježbama za jačanje pluća.
- Smanjite stres.

Odmah pozovite svog ljekara ako:

- kašljete, ispuštate pištav zvuk dok dišete ili imate teškoća sa disanjem
- osjećate potrebu za uzimanjem više lijekova nego što Vam je ljekar propisao
- imate temperaturu preko 100,5 stepeni F ili 38 stepeni C.
- imate sluz koja nije bijela ili bistra, ili Vam je sluz isuviše zgusnuta da se iskašlje.
- Imate probleme uzrokovane lijekovima, kao što su drhtavica, smetenost, uzrujanost, osjećaj nervoze u želucu ili loš ukus u ustima.
- Niste u stanju obavljati normalne aktivnosti ili vježbe.

Odmah nazovite 911 ako imate:

- jako „pištanje“ dok dišete, teškoće sa disanjem ili kašalj
- bol u prsima
- sive ili plave usne i nokte na rukama

Posavjetujte se sa Vašim ljekarom ili medicinskom sestrom ako imate bilo kakvih pitanja ili briga.

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Asthma. Bosnian.