

Helping Ease Asthma in Children

Asthma causes the airways in the lungs to narrow, making it difficult to breathe. This narrowing of the airways may last several minutes or hours, depending on the severity an asthma attack. Helping ease asthma in children is important to protect their health and well-being.

Children suffering from asthma may experience slight wheezing, which may escalate to gasping for air as airways continue to narrow. This is caused by muscles surrounding airways that are reacting to increased dust, pollen, pet dander, insect debris, second-hand smoke and other harmful pollutants and allergens in the air. Asthma in children can lead to life-long breathing and other health problems.

Health Risks and Symptoms of Asthma

For reasons unknown, asthma is on the rise among children. While there are many environmental factors that trigger an asthma attack (exposure to extreme hot or cold temperatures, allergic reactions to medication or allergens in the air), family history can also play a role. Some studies have shown that male children (especially those born with low birth weight) may be more susceptible than other children to asthma attacks.

Symptoms of asthma in children include sudden wheezing, shortness of breath, tightness or pain in the chest, sudden fatigue, loss of appetite, rapid breathing, and tightness of muscles throughout the body.

You should never ignore these symptoms. Contact your child's physician immediately to determine the best course of action. If the attack continues for a prolonged period of time (more than one hour) or becomes worse, go to the emergency room.

Preventing Asthma Attacks

While you can't protect your children every second of every day from pollutants, allergens and other asthma triggers, there are ways to reduce pollutants and allergens in your home.

The following asthma guidelines can help you manage asthma attacks and provide a safer place for your children to live and breathe:

1. Reduce allergens from entering your home by keeping windows closed during seasons when pollen count is the highest (in most regions, early spring and fall).
2. Avoid smoking indoors
3. Vacuum carpets and furniture a few times a week to remove pet dander, dust mites and other debris.
4. Acquire an *air purifier* to remove harmful pollutants and allergens including volatile organic chemicals (VOCs), bacteria, and viruses from the air.
5. Visit your children's physician to determine if medication will help reduce or prevent future asthma attacks.

Air Purifier

Investing in a quality [air purifier](#) from Airgle will reduce allergens, pollutants, and harmful chemicals from entering your child's lungs. Select an air purifier that relies on cHEPA/HEPAfast filtration, has the highest Clean Air Delivery Rates, and is endorsed by the top government and private agencies and non-profits such as AHAM.

An Airgle quality air purifier is easy to use and control, made of sturdy, durable materials and is energy efficient. Air purification systems from companies like Airgle provide clean air and peace of mind. By recognizing and understanding the symptoms and risk factors associated with childhood asthma, you can start protecting your family today and alleviate asthma in children.