

Asthma Treatment for Children

Asthma treatment for children is determined according to the age group. Usually what the doctors look for when treating children is to get long term-controlled results. Hence, the treatment usually involves fewer drugs and more of a lifestyle modification. Since the treatment is for a child, such methods generally yield positive results over a long-term basis.

To carry out treatments for asthma, each treatment is specially tailored, based on the child's particular needs and requirements. While the drugs help control and relieve symptoms of an attack, parents are encouraged to remove things that might act as allergens. Parents can find more about the things that trigger the attack by being more observant and always keeping track of the flow of the attacks so that they can get a clear picture about when these attacks occur. Once the allergens are recognized, if it can't be avoided, medication might be taken to control the symptoms associated with that allergen.

Doctors generally vary the doses of the patient starting with the lowest amount. If they don't work, they increase the dosage along with the number of times it is taken. Once the child feels better with the new medication and the attacks diminish, the doctor changes the dosage according to the child's health issues.

Most medications are available in either a spray form or a pill form. Usually some are kept separate which provide immediate relief in case of an attack.

Since the medication is given, based on individual needs, most children diagnosed with persistent asthma require medication for the long-term. Most include drugs in inhaler form, which delivers the medicine straight to the lungs in rapidly.

While drugs can take care of the asthma from a medical point of view, there are ways to control an attack from a lifestyle point of view. The first and foremost thing to focus on is removing all allergy inducing elements from the air, as mentioned earlier. These would include restricting smoking in the house and cleaning the air ducts once a year, which could be expensive, but it's really effective. If you are trying to reduce the amount of dust mites and formation of mold, getting rid of old boxes and more is always a good idea. It's also best to not keep a pet if you think your child might be allergic to the pet dander created by the fur. If your kid insists on a pet, fish make good pets.

The above lifestyle changes will help you keep the asthma problems in check and also prevent breathing problems in other members of the family. A very good idea is to install a state-of-the-art air purification system that keeps a lot of problems at bay without much effort on your part. These air filtration systems have unique features like carbon filters that absorb smog, smoke, VOCs, and other pollutants, giving you clean and fresh breathable air.

- Most of these systems are energy efficient so that they are easy on the pocket too.
- They also have quiet operation, so while they will give you the purest air to breathe, they won't whine about it. They let the work do the talking.