Seek proper treatment

Poorly controlled asthma can significantly impact routine activities, disrupt learning and sleep, and result in numerous school absences, which can cause financial and work-related challenges for parents. It’s very important for a child with asthma to receive proper treatment because the whole family is affected.

For more health tips, visit uclahealth.org/mattel 

Does my child have asthma?

Many infants and toddlers experience occasional episodes of wheezing caused by respiratory tract infections, but that doesn’t mean they suffer from asthma, a chronic disorder that causes swelling and inflammation of the airways.

1 in 11 children in the U.S. have asthma

Diagnosis

Physicians evaluate the frequency and timing of asthma episodes, the presence of risk factors and a child’s response to medication. These factors, in addition to your child’s age and overall health, will determine your child’s treatment course.

Treatment

Treatment typically consists of long-term controllers (usually taken daily), short-term-relief medications (usually lasting two to six hours per dose), or a combination of both. Most asthma medications are taken with a delivery device that helps a child breathe the medicine directly into his or her lungs.

Symptoms

• Wheezing
• Shortness of breath
• Chest tightness
• Labored breathing
• Low energy
• Poor feeding in infants

Triggers

• Cigarette smoke
• Dust mites
• Respiratory tract infections
• Mold
• Cockroaches
• Air pollution
• Animal dander
• Pollen
• Exercise, especially in cold air

5–30% of children with severe asthma will outgrow it by adulthood

60% of children with asthma will outgrow it by adulthood

For more health tips, visit uclahealth.org/mattel