

Asthma Patients And Steroid's Prescription for Asthma

BRIEF SUMMARY:

Asthma is a long-term disease of the lungs. It causes one's airways to become inflamed and narrow, which makes it hard to breathe properly. Severe asthma can cause one to trouble talking or being active. You might hear it from your doctor as a chronic respiratory disease. Most people name it as "bronchial asthma.

Asthma takes on people of all ages and it often starts during childhood. You may wheeze, sneeze, cough, or feel tightness in your chest. The symptoms can range from mild to severe and can happen every day or only once in a week or every three days later. Certain things can worsen asthma symptoms, such as cold air. They are recognized as asthma triggers and whenever these symptoms get worse, it is named as asthma attack.

The exact cause of asthma is unknown, however, causes may vary from person to person. Asthma is often the result of a vigorous response of the immune system to a substance in the lungs. Normally, our body immune system fights against infections, but sometimes, a person's immune system responds to a substance in the environment known as an allergen. When someone breathes in an allergen, the airways may react strongly. In some cases, few people's immune systems do not react at all. Reaction to an allergen creates inflammation and this inflammation makes one's airways swell and weak.

Asthma is a serious disease that affects around 25 million Americans and nearly causes 2 million emergency rooms to visit every year.

CRITICAL ANALYSIS: (A RECENT STUDY ON THE SIDE-EFFECTS OF STEROIDS BY DAILY SCIENCES MAGAZINE).

Asthma is treated through steroids and other inflammatory drugs. Both these asthma drugs help to control asthma and restraint it from attacks. Steroids work by reducing inflammation, swelling, and mucus production in the airways of a person. As a result, the airways of a diseased person get less inflamed and less likely to react to asthma triggers. The main anti-inflammatory drugs are steroids or corticosteroids which include leukotriene modifiers, anticholinergics, and immunomodulators.

Steroids may help asthma symptoms during an attack but are less effective at times and slow as well. Inhaled steroids are the mainstay treatment for controlling asthma. Using steroids for

asthma may control it up to some level but the bad effects of steroids on the body can't be undermined. A recent research is shared by Daily Sciences magazine on 13th September, 2020 regarding asthma patients and the bad influence of steroids.

It was stated in the article related to the side effects that more than one-quarter of asthma patients have been prescribed immensely hazardous amounts of steroid tablets, that are fully warned by the researchers.

John Upham from the University of Queensland analyzed data from the Pharmaceutical Benefits Scheme (PBS) to find out how many Australians with asthma were taking repeated courses of steroid tablets.

Professor Upham said that our study kept an eye on more than 120,000 patients of asthma where their doctors prescribed them steroid tablets between 2014 and 2018. According to the researchers, 25 percent of the patients were more likely to have chronic conditions.

Short-term steroid courses can have a positive effect on asthma patients and can save patients from fatal asthma, but it is obvious that repeated courses of any steroid tablets can cause fatal diseases like osteoporosis, diabetes, and cataracts. Around 2.5 million Australians have asthma, where women are affecting more than men.

Professor Upham stated that the best way to reduce its level and prevent it is to use preventer inhalers rather than to go for steroids that may have bad side-effects at the end. It is a better approach to encourage and educate people having asthma to use preventer inhalers regularly. It's the only best way to avoid or minimize the need for steroid tablets, and the side-affects they can introduce.

In another study, 808 people with asthma were checked in which 93% of them had one or more conditions linked to the use of steroid tablets. It can be worrying to contemplate about the medicine that can harm you, but your healthcare professionals will prescribe you steroid tablets that can lead you to other lethal diseases.

Moreover, inhaled steroids have few side effects, especially at lower doses. Thrush (a yeast infection in the mouth) and hoarseness may happen, anyhow, this is rare.

In a nutshell, we can have better insight pertaining to the use of preventer inhalers instead of choosing steroids tablets. It must be kept in mind that steroids have always been neglected and rejected by the doctors and nutrition just because of the side effects they produce.

Reference:

University of Queensland. "Asthma patients given risky levels of steroid tablets." ScienceDaily. ScienceDaily, 13 September 2020.