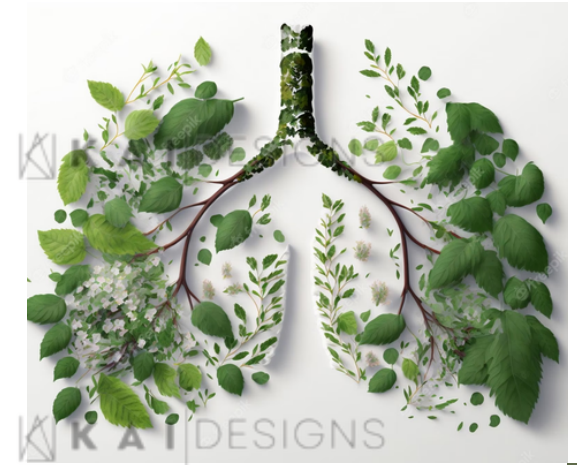
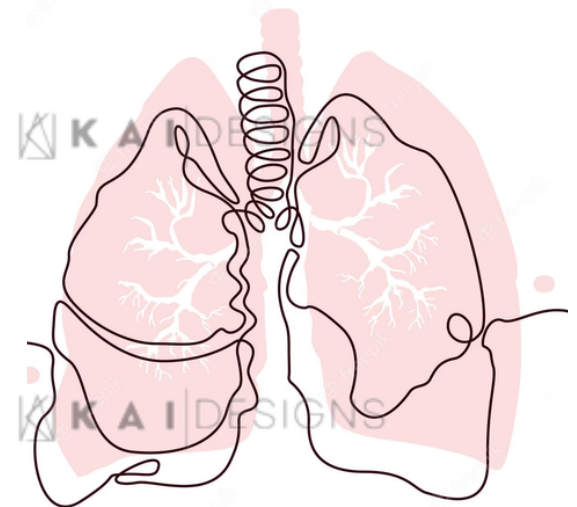


[illegible]

1. **Children:** Younger children may rely more on their caregivers for asthma management. Education and support from parents and healthcare providers are crucial.
2. **Adolescents:** Older individuals may take on more responsibility for managing their asthma. They can benefit from peer support, stress management techniques, and regular communication with healthcare professionals.



A GUIDE TO UNDERSTANDING AND MANAGING



Introduction

Asthma is a common respiratory condition that affects children and adolescents. It can have a significant impact on their daily lives, but with proper management, children can lead healthy and active lifestyles. This brochure aims to provide information on asthma in children and adolescents, potential barriers to controlling asthma, its impacts on daily functioning, and coping strategies.

ABOUT

What is Asthma in Children and Adolescents?

Asthma is a chronic respiratory condition characterized by inflamed airways that become narrow and produce excess mucus. In children and adolescents, asthma often leads to recurrent episodes of wheezing, breathlessness, chest tightness, and coughing, especially at night or early in the morning.



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Impacts of Asthma on Daily Functioning

Asthma can affect various aspects of daily life for children and adolescents:

- **Physical Activity:** Uncontrolled asthma can limit participation in sports and physical activities.
- **School Attendance:** Frequent asthma flare-ups may lead to missed school days, affecting academic performance.
- **Emotional Well-being:** Asthma can cause anxiety or stress in children and adolescents due to fear of attacks or social stigma.



Barriers to Controlling Asthma

Lack of Awareness: Many children and adolescents may not fully understand their condition or how to manage it. This lack of awareness can hinder proper asthma control.

Environmental Triggers: Exposure to allergens like pollen, dust mites, pet dander, smoke, or pollution can trigger asthma symptoms, making it challenging to control the condition.

Medication Adherence: Children and adolescents may struggle with consistently taking their prescribed asthma medications, which can lead to uncontrolled symptoms.