



Managing Asthma In School Aged Children

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Soon Fall will be here and children will be returning to school. Three million children under the age of 18 have been diagnosed with asthma. Fall is a common time for asthma to flare up in school-aged children.

Learn to understand your child's signs of asthma.

Asthma is a chronic condition with acute exacerbations. Not all patients wheeze. Any of the following symptoms may be caused by asthma:

- Wheeze, Cough
- Chest Congestion, Shortness of Breath

Some younger patients may not be able to verbalize or accurately describe their symptoms. They may just say: "My chest hurts" or "I don't feel well."

Identify triggers that affect your child:

- Environmental Allergens (dust, pollen, mold, animal dander)
- Respiratory Irritants (smoke, fumes, dust)
- Upper Respiratory Infection • Exercise
- Weather Changes • Pollution

Work with your child's physician to develop a

management program that is appropriate for your child's asthma. Treatments for acute relief of symptoms are called "rescue therapy," work rapidly, and may be used on an "as-needed" or intermittent basis. Medications used to control or prevent attacks are called "controller medications" and are usually taken daily.

Learn your school's policy regarding taking

asthma medications at school. Identify school personnel that supervise medications and provide them with a list of prescribed medications with instructions, your child's physician's name, emergency procedures and phone numbers.

Asthma is a serious but treatable condition. With proper diagnosis and management, children with asthma can feel better, participate in physical activities, sports and other school-related functions.