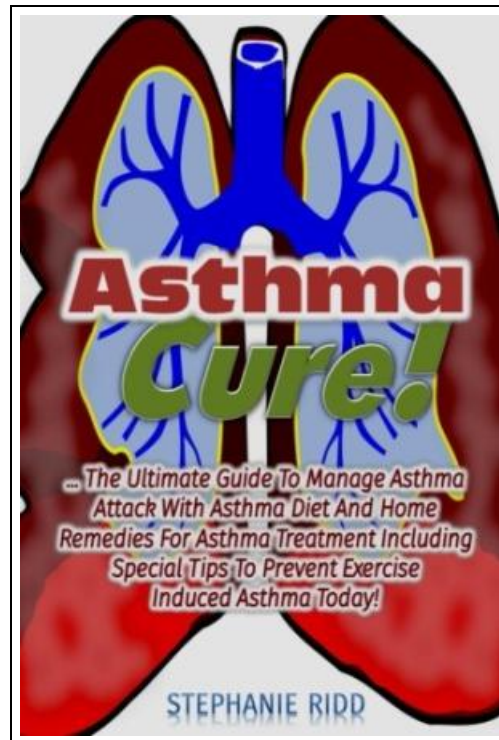


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 30 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Now to be upfront with you, the condition known as Asthma is a chronic and an incurable disease, which affects the respiratory system in the human body, however, they have some certain triggers such as that of environmental triggers that is able to heighten the knock for an asthma attack! Indeed, asthma is, as we speak, one of the most common types of respiratory disorder, which is also referred to as bronchial asthma. In other words, it is a condition where the airways in the lungs become blocked, inflamed and constricted with excess mucus that usually results in breathing difficulties. Even though, asthma is a recurring disease with no form of curability at this present time and age, however, there are different forms of asthma treatment that are prescribed to asthmatics, especially those with a particularly severe case. Nonetheless, an asthma attack should not be taken lightly as it can begin at any age. Yes, over the last few decades, asthma has become the biggest health issue affecting a major part of the world's population. And as a matter of fact, some of the common asthma triggers can include GERD (Gastro Esophageal Reflux Disease), exercise, inhaling dry and cold air, smoke from tobacco, pets, upper respiratory infections, pollen, dust and mold mites. Now, having said this, the common symptoms associated with asthma include shortness of breath, pain or tight feeling in the chest, noisy breathing or wheezing and coughing. On the other hand, recurrent symptoms of asthma frequently cause reduced activity levels, daytime fatigue and sleeplessness among others. Therefore, avoiding the risk factors that result in asthma symptoms is indeed an important strategy to reducing the occurrence of an attack....



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