

Controlling asthma and AR

Asthma is a worldwide problem, affecting approximately 300 million people globally. For the more than 75-80% of asthma sufferers who also experience Allergic Rhinitis (AR), (more commonly known as hay fever), their asthma symptoms worsen.

This could be due to the changes in temperature, pollen and exposure to tobacco smoke - all of these factors increase the likelihood of hospitalisation.

Asthma is a disease that affects both adults and children. Patients may experience discomfort in the form of wheezing, breathlessness, a tight chest, coughing - particularly at night or in the early morning.

It is a common misconception amongst patients that because asthma and AR are two different ailments, that they need to be treated separately. This in fact is not true, and more often than not, as inflammation is common to both asthma and AR and because of the fact that they share the same triggers, they can be treated simultaneously. The airway is seen and may be referred to as a single airway because the upper (nose) and lower (lungs) airways are linked.

You and your child can take control and join others around the world by successfully living an active lifestyle and manage the symptoms of your asthma and AR. It has been proven that one asthma drug can provide symptomatic relief of AR in asthma patients.

Because asthma and AR can be set off by the same triggers neither are restricted to changes in weather but could also be brought on by mould, dust, insects, animal fur and even exercise. By reducing your exposure to the various risk factors you may improve the control of asthma symptoms and reduce your need for medication.

Should you experience any of the discomforts mentioned above it is recommended that you consult your doctor about an appropriate solution for you.