

# 哮喘

## Asthma

Asthma is a disease that causes the airways that lead into your lungs to become narrow and produce mucus. When this happens, it may become hard to breathe.

Some people have a hard time breathing only at certain times. This may be during allergy season, when they get a cold, or when they exercise. Others have breathing problems a lot of the time.

When asthma symptoms suddenly get worse (or flare up), the airways tighten and become narrower. This makes it hard to breathe, and you may wheeze or cough. These flare-ups are also called asthma attacks.

Treatment can help you feel and breathe better and help keep your lungs healthy.

### Signs

- Breathing faster than normal or trouble breathing
- Wheezing, making a loud or soft whistling noise when you breathe, or noisy breathing
- Coughing that may be worse at night or early in the morning
- Feeling tight in the chest
- Having a faster than normal heartbeat
- Having head congestion
- Having an itchy, scratchy, or sore throat
- Being tired or getting tired quickly during exercise
- If your doctor ordered a peak flow meter and your meter shows a drop in peak flow meter readings

哮喘是一种导致呼吸道狭窄并产生粘液的疾病。患者可能会呼吸困难。

有些患者只偶尔呼吸困难，一般在过敏季、感冒或运动时出现。有些患者会频繁呼吸困难。

当哮喘症状突然加重（或发作）时，呼吸道会收紧并变窄，导致患者呼吸困难，并可能伴有喘鸣或咳嗽。这称为哮喘发作。

治疗可以帮助患者疏通呼吸，舒缓症状，并帮助保持肺部健康。

### 症状

- 呼吸频率快于平常，或存在呼吸困难
- 喘鸣、喧闹呼吸或呼吸作响
- 夜间或晨起时咳嗽加重
- 胸闷
- 心跳加速
- 头部充血
- 喉咙刺痒、刺痛或疼痛
- 运动时感觉疲乏或很快疲乏
- 峰流速仪（如果医生开具）读数下降

You may have more signs of asthma if you:

- Have allergies
- Have a family member with asthma
- Are sensitive to air pollution
- Are exposed to smoke
- Have stress

Symptoms may start soon after you are around things (triggers) that cause your asthma attacks. This is an early phase response. Or they may start several hours after exposure (late phase response). A late phase response can make it harder to figure out what triggers your symptoms.

Symptoms can be mild or severe. You may have symptoms daily or now and then. Or you may have something in between.

Some people have symptoms that get worse at night, such as a cough and shortness of breath.

## Your Care

Your care may include:

- Taking different medicines to:
  - Open airways
  - Decrease your body's response to allergens
  - Decrease the swelling of your airways
  - Decrease congestion
- Finding out what causes your symptoms.
- Allergy testing.
- Using a peak flow meter to check and prevent asthma attacks.
- Drinking a large glass of liquid every 1 to 2 hours. This helps keep your mucus thin. Thin mucus is easier for you to cough up and decreases the swelling in your lungs. Clear liquids are best, such as water, fruit juice, tea, broth, and clear soups.
- Avoiding milk products when wheezing because they can thicken your mucus.

如有以下情况，哮喘症状可能加重：

- 过敏
- 家人患有哮喘
- 对空气污染敏感
- 接触烟雾
- 面临压力

暴露于哮喘诱发因素（触发因素），症状可能会很快出现。这称为早期反应。症状也可能在暴露后几个小时才开始出现（晚期反应）。晚期反应会导致患者更加难以确定症状的诱发因素。

症状可能轻微或严重。症状可能每天或者偶尔出现。或者出现频率介于两者之间。

有些患者的症状在晚间加重，比如咳嗽和呼吸急促。

## 医疗护理

您可以采用以下护理方式：

- 服用药物以帮助：
  - 疏通呼吸道
  - 减轻身体对过敏原的反应
  - 减小呼吸道肿胀
  - 减少充血
- 找出引起症状的病因。
- 过敏测试。
- 使用峰流速仪监测和预防哮喘发作。
- 每 1 至 2 小时饮用一大杯液体。这样做有助于稀释粘液。清痰较易咳出并减轻肺部肿胀。建议饮用清液，如水、果汁、茶、肉汤和清汤。
- 奶制品会使粘液变稠，喘鸣时应避免食用。

## To Prevent Asthma Attacks

There's no certain way to prevent asthma. But you can reduce your risk of asthma attacks by avoiding things that cause them, called triggers.

The goal is to reduce how many attacks you have, how long they last, and how bad they get.

Start by avoiding your asthma triggers. For example:

- Keep asthma medicine with you at all times. Take your scheduled medicines even if your symptoms go away.
- Don't smoke and avoid being around others when they smoke.
- Stay away from foods, medicines, or things that cause you to have signs of asthma.
- Stay inside when air pollution, pollen, or dust levels are high.
- Avoid contact with people who have a cold or flu.
- Rest and drink plenty of liquids at the first sign of a cold.
- Breathe through a scarf or other covering in cold weather.
- Talk to your doctor about an exercise to strengthen your lungs.
- Reduce stress.

Also, be sure to:

- Ask your doctor about getting the flu and pneumococcal vaccines. Illnesses like colds, flu, or pneumonia can make symptoms worse.
- Avoid taking aspirin, ibuprofen, or similar medicines if they make symptoms worse.

## 如何预防哮喘发作

预防哮喘尚无确证的方法。但避开哮喘触发因素可以降低哮喘发作的风险。

这么做是为了降低发作次数、缩短持续时间和减轻严重程度。

可从回避哮喘的触发因素入手。例如：

- 时刻随身携带哮喘药物。即使症状消失，也要定期服药。
- 切勿吸烟，并在有人吸烟时回避。
- 远离导致哮喘症状发生的食物、药物或事物。
- 空气污染、花粉或粉尘水平偏高时，请留在室内。
- 避免接触感冒或流感患者。
- 一出现感冒迹象，即自觉休息并饮用大量液体。
- 天气寒冷时，戴上围巾或其他遮盖口鼻物，避免张口呼吸。
- 向医生咨询增强肺部力量的锻炼方式。
- 减轻压力。

另外，请确保：

- 向医生咨询流感和肺炎球菌疫苗接种事宜。感冒、流感或肺炎等疾病会加重症状。
- 如果阿司匹林、布洛芬或类似药物会加重症状，请避免服用。

## Follow-up Care

Follow-up care is a key part of your treatment and safety. Make and go to all appointments and call your doctor if you have problems. Knowing your test results and keeping a list of the medicines you take is also a good idea.

Call your doctor right away if you:

- Have a cough, are wheezing or are having trouble breathing.
- Feel you need to take more medicine than your doctor has ordered.
- Have a temperature over 100.5 degrees F or 38 degrees C.
- Have mucus that is not white or clear, or mucus that is too thick to cough up.
- Have problems caused by your medicine such as shakiness, confusion, nervousness, upset stomach, or a bad taste.
- Are not able to do your normal activities or exercise.

## Call 911 right away if you have:

- Severe wheezing, trouble breathing, or coughing.
- Chest pain.
- Lips or fingernails that are gray or blue.

Talk to your doctor or nurse if you have any questions or concerns.

## 后续护理

后续护理是治疗和安全的关键一环。定期预约进行复查，如有疑问可致电医生。最好能了解身体检查结果，并保留所服药物清单。

如果出现以下情况，请立刻致电医生：

- 咳嗽、喘鸣或呼吸困难。
- 自我感觉需要服用的药量超过医嘱。
- 体温超过 100.5 华氏度或 38 摄氏度。
- 粘液不清澈或不呈白色，或粘液过于粘稠导致痰难以咳出。
- 出现药物副作用，如颤抖、意识混乱、紧张、胃部不适或味觉改变。
- 无法进行正常活动或锻炼。

## 如有以下情形，请立刻拨打 911：

- 严重喘鸣、呼吸困难或咳嗽。
- 胸痛。
- 唇部或指甲发灰、发蓝。

如有任何疑虑，请咨询医生或护士。