Asthma can be managed with medicine and the help of an asthma specialist

CATHY VITARI, nurse practitioner with the Asthma Institute, performs a breathing test called spirometry at a community event (Courier File Photo)

Asthma is a chronic disease that causes inflammation and narrowing of the passageways (bronchial tubes) that allow air in and out of the lungs. Its symptoms include difficulty breathing, wheezing, shortness of breath and coughing. Because asthma affects nearly 20 million people in the United States—10 percent of adults and 12 percent of children in Allegheny County, according to the Allegheny County Health Department—chances are the disease affects you, a loved one or someone you know.

Without asthma care, people can experience symptoms any time. If asthma has no cure, it can be managed with medication and help from an asthma specialist. For設計 is the best approach to treating asthma, says Dr. Wenzel, who is a clinical professor of medicine at the University of Pittsburgh School of Medicine.

While many people think of asthma in terms of chronic conditions, asthma can be a part of the registry, helping to identify people with asthma who might benefit from a specialty team. One of Dr. Wenzel’s aims is to involve pulmonary physicians and occupational health professionals in managing asthma patients. The registries are helping to identify people with asthma who might benefit from a specialty team.

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