ماهو مرض الربو؟

لحد الآن لم تعرف أسباب مرض الربو. الباحثين يعتقدون أن مرض الربو قد ينشأ من تفاعل أسباب وراثية مع ظروف بيئية محتملة في عمر مبكر. وفي الغالب، البحوث تبين أن أسباب التالي:

- قابلية العائلة للتطور الحساسية
- وجود مرض الربو عند الوالدين
- عدوى تسبب الربو أثناء مراحل الطفولة

العوامل المحفزة الشائعة لمرض الربو هي:

- الحيوانات (الشعر أو أجزاء البشرة المتساقطة)
- العقرب
- التغير في الجو (خصوصا الجو البارد)
- المواد الكيميائية في الجو أو الأكل
- التمرين
- العفن
- الحيوانات المقدمة كطعام
- التهاب الجهاز التنفسي مثل الاصابة بالإسهال
- التعرض لضغوط نفسية مثل التوتر والجهاد
- التدخين (اعة النايل)

عند الاصابة بوتة الربو، قد يظهر صوت مشابه للصفر مصاحب للتنفس. وقد تكون النوبة خطيرة إذا تقلصت المجاري التنفسية بشكل كبير. قد تكون نوبات الربو عوامل هامة في تطور تطور المرض.
What is asthma?

Asthma is a chronic disease that causes the airways that pass air in and out of the lungs to narrow and swell and produce extra mucus, which triggers coughing, wheezing, and shortness of breath. For some people, it is a minor problem; for others, it can be life threatening.

Triggers and symptoms of asthma

Common asthma triggers include:
- Animals (pet hair or dander)
- Dust
- Changes in weather (most often cold weather)
- Chemicals in the air or in food
- Exercise
- Mold
- Pollen
- Respiratory infections, such as the common cold
- Strong emotions (stress)
- Tobacco smoke

When someone has an asthma attack, they may experience wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and coughing. The coughing often occurs at night or early in the morning. Most people with asthma have attacks separated by symptom-free periods. Asthma attacks can last for minutes to days, and can become dangerous if the airflow is severely restricted.

What causes asthma?

The exact cause of asthma isn't known. Researchers think some genetic and environmental factors interact to cause asthma, most often early in life. These factors include:
- A family tendency to develop allergies
- Parents who have asthma
- Certain lung infections during childhood
- Contact with some airborne allergens or exposure to some viral infections in infancy or in early childhood when the immune system is developing
- Environmental factors, like pollution, dust or chemicals

If asthma or allergies run in your family, being exposed to irritants (for example, tobacco smoke) might make your airways more reactive to substances in the air. Researchers continue to explore what causes asthma.

How is asthma treated?

Asthma has no cure. Even when you feel fine, you still have the disease and it can flare up at any time. However, with today's knowledge and available medical treatments, most people who have asthma are able to control the symptoms of the disease. They can live normal, active lives and sleep through the night without interruption from asthma.

There are two kinds of asthma treatment: long-term control or short-term relief. Short-term treatment relieves the symptoms of an asthma attack. Long-term treatment helps to prevent asthma attacks from happening in the future. No matter what kind of treatment a person uses, it is always important to avoid things that trigger asthma attacks.

If you think you or your child might have asthma, talk to your doctor.