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To know about the various risk for asthma by Vidiya

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Asthma is commonly known as the chronic disease of the airways and it happens when the airways get blocked due to inflammation or some other factors. Initially the symptoms are like the other symptoms of common cough and cold but the severity of asthma at times need hospitalization and can be life-threatening. The initial symptoms could be running nose, sneezing, tiredness, restless sleep etc. There are many researches conducted to find out the probable reasons of asthma but as such no particular cause could be identified but those people who have a family history of asthma have great risk for asthma. The onset of asthma could happen at any stage. Like the other diseases like allergy, cancer etc. the researchers have shown the onset of asthma in any person depend in the genetic factors to a great extent.

Having the genes only cannot initiate the onset of asthma in a person. The person has the risk for asthma when the person is exposed to various allergens which could initiate the symptoms of asthma. Such factors are-

Certain foods such as nuts, milk products, some proteins etc, lactose in the milk

Smoke, dust, pollen of the flower etc

Sudden change in the weather

Though asthma attacks can start at any age but the attacks are most common in

Children of 5 years or less

Adults who are in the age group of 30s

Adults who are more than 65 years old

There are some other factors which are risk for asthma such as-

Person who has a family history of asthma

Person who has a personal history of atopy

Person who has a personal history of allergy

Person who gets exposed to the second hand smoke

Person who are into the habit of smoking

The place of residence if it has lots of air pollution

Lack of vitamin D in the body

Overweight or obesity

Child who are born with low birth weight

People who are exposed to the various chemicals or other substance which could trigger asthma symptoms

People who suffer from Gastroesophageal reflux diseas

People who suffer from sinusitis

Bad food habit such as eating lots of fast food

Use of acetaminophen on the regular basis

Use of excessive antibiotic in the first year of life

Inclusion of fresh fruit and vegetables, eating omega-3 fatty acids, quitting of smoking, drinking etc. to reduce the risk for asthma onset.

While there is nothing you can do about your age or family history, it is important to keep these above things in mind, along with maintaining a healthy weight and avoiding cigarette smoke.

On the other hand, the following things can actually reduce your risk of developing an asthma attack:

Breastfeeding (lowers your baby's risk of developing asthma)

Attendance at daycare

Large family size

Increased intake of fruits and vegetables

Community resources such as economic development opportunities

Eating omega-3 fatty acids found in fish

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Get information in this article about various a risk factors for asthma. Also know about a factors that trigger asthma at Onlymyhealth.

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