

Asthma

Asthma is a controllable, chronic disease that causes breathing problems. It is the most common chronic childhood illness. Symptoms of asthma are frequent cough (especially at night) and labored breathing. These symptoms are often most noticeable during upper respiratory infections and exercise and are sometimes associated with seasonal allergies.

Treatment of asthma is much better today than in the past. Due to a better understanding of asthma and better medications, children with asthma are expected to lead normal and active lives.

Goals for management of asthma are:

1. NO SLEEP DISRUPTION
 2. NO MISSED SCHOOL
 3. NO EMERGENCY ROOM VISITS OR HOSPITALIZATIONS
 4. NO LIMITS TO PLAY OR EXERCISE
- ... DUE TO ASTHMA!

Please see your physician if you think your child may have symptoms of asthma. Raleigh Pediatrics offers comprehensive asthma education and management planning for your child and family. Debi Kirkland is an R.N. and Certified Asthma Educator. Appointments may be made with her at the front desk, or leave a message at 872-0250, extension #337.