

Asthma & Allergies
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Asthma & Environmental Allergies

Joseph Atkin, MD
Resident Physician
Halifax Health - Center for Family & Sports Medicine

Asthma and Environmental allergies are common chronic childhood ailments, with asthma affecting close to nine million American children and allergies affecting approximately 50 million. In order to properly identify attacks, it is important for parents to learn how to recognize the symptoms of both asthma and allergies.

Environmental Allergies

Allergies are caused when children come into contact with various allergens, known as triggers. These allergens can be anything from pollen and house dust mites, to animal dander, foods and insect bites. Two of the most common presentations of allergies are eczema, which results in a dry, patchy, red rash on the child's arms, legs and neck, particularly in the creases; and hives, which are itchy bumps that resemble mosquito bites. Food allergies are common, with triggers including eggs, peanuts, milk, nuts, soy, and many others.

Asthma

Asthma is a type of allergy that causes swelling or narrowing of the small airways in the lung. Typical symptoms include difficulty breathing, rapid breathing, wheezing, shortness of breath while at rest, chest tightness, and frequent coughing spells. As a type of allergy, asthma is typically triggered by substances such as animal hair, tobacco smoke, chemicals in the air or food, or even exercise. If your child has symptoms such as difficulty breathing, sweating, or rapid pulse, you should take him or her to the emergency room immediately. If bluish color in lips or face call 911!

If you think your child may have allergies or asthma, it is important to discuss it with your physician. Family history is a risk factor, so if you or anyone in your family has asthma or allergies, you should make sure to keep a particular watch for the symptoms. With proper treatment, most children can manage allergy and asthma symptoms to live a normal life. Many professional athletes even have allergies and asthma yet with proper treatment can compete at that high level.