

HOW TO MANAGE ASTHMA

Decide if the following sentences are true or false.

1. Dr. Jordan Josephson is an ENT specialist from New York.
2. Asthmatics shouldn't be around cats to avoid an attack of asthma.
3. Asthmatics will be more sensitive to chemical substances.
4. Many people with exercise-induced asthma also suffer from allergies and sinus problems.
5. Inhalers and different medicines may be useful for asthmatics who want to exercise.
6. Nowadays, steroids are never used for treating asthma.
7. Nebulizers are only used in extremely serious asthmatic attacks.
8. Asthma usually disappears with age.
9. Three pieces of advice are given to all people with asthma.

How to manage asthma

LISA: I'm Lisa Birnbach; if you or a member of your family has asthma you know how serious and frightening it is to have an asthma attack. So what can you do to 1. _____ an attack? With us to explain is Dr. Jordan Josephson, a leading ear, nose, and throat specialist in New York. He's the author of Sinus Relief Now. It's terrifying if you can see somebody really struggling with 2. _____.

JORDAN: It certainly is. It's terrifying for the person having problems breathing, and it's terrifying for those people around them because they don't know what to do very often.

LISA: Now obviously, if you know you're allergic to cats, you avoid being around cats. But what can you do if you're an asthmatic to 3. _____ a serious attack.

JORDAN: Those people with really weird, really bad asthma, they should really speak to their pulmonologist, their lung specialist, and their allergist slash lung specialist about carrying an EpiPen and what to use as far as inhalers to 4. _____ that attack as it's going to come on.

LISA: Does where or how you live play a role in your asthma?

JORDAN: Absolutely, people that work around chemicals, people that work around any type of agent that is 5. _____ to your upper and lower airway will be more sensitive if they're asthmatic. If they're genes basically say, "I'm an asthmatic."

LISA: Now it strikes me, if you have asthma, you may be very cautious about physical activity that would raise your pulse and cause you to 6. _____, but maybe that's an old wives' tale. What about activities?

JORDAN: Well, there's exercise-induced asthma, and for those people that have exercise-induced asthma, many of them also have allergies and sinus problems incurred, and if they resolve it, that exercise induced asthma becomes maybe 7. _____ to the point where you don't have it. Or to where you barely have it. And for those people that still have it when they want to exercise they may have to use inhalers and different agents and medicines, so they can exercise and get the biggest breath possible. And thwart their asthma so that it doesn't prevent you from enjoying sports.

LISA: Aren't a lot of those 8. _____ steroid based?

JORDAN: Some of them are steroid based and other agents that are not steroid based. There are different categories of agents, and I think you really need to speak to your lung specialist, pulmonologist, and your asthma specialist, and your ear, nose, and throat/sinus specialist, and your 9. _____ care doctors to figure out which of these agents is best for you.

LISA: Besides medications of this nature and there are nebulizers, right?

JORDAN: Yes.

LISA: And those are for more severe cases?

JORDAN: Sometimes more severe, sometimes different aspects of the attack. But, needless to say you may need both, you may need one or the other. And then there are tablets that you can take that may also treat your asthma.

LISA: Can asthma 10. _____ and get more severe over time?

JORDAN: It can, I mean asthma can go anywhere. It can get worse, it's disappeared on people, and then disappeared for years and then come back.

LISA: Dr. Josephson what advice do you have for parents who have children with asthma?

JORDAN: Number one, keep the asthma under good control, stay on top of it before it 11. _____ you. Two, know what to do to stay on top of it. And three, know what to do and how to handle it if it gets out of control, and how to bring it back into control.

LISA: Okay, great. Thank you so much.

JORDAN: My 12. _____.

LISA: I'm Lisa Birnbach