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Common Breathing Problems in Children

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ABSTRACT

Whether playing sports, hanging out in the backyard or lying in bed with a cold, many children go through uncomfortable bouts of breathing problems. For the approximate more than four million kids with asthma or another respiratory condition, the challenges can be severe, persistent or even life-threatening. Children might have intense coughing episodes that land them in the hospital and cost weeks of school, or hurt every time they take a deep breath

KEYWORDS

breathing problems. Inflammatory, asthma, allergies, infection, cough.

INTRODUCTION

Here are tips and treatments for the most common breathing problems in children.

Asthma

This chronic inflammatory disease causes the lining around a child's respiratory system to swell when triggered and the muscles and airways to constrict (bronchospasm)—restricting airflow. Asthma can show up as wheezing, whistling or noisy breathing; chest tightness; a constant or returning cough and breathlessness, especially when active. It's linked to environmental factors such as air pollution, smoke exposure and chemical disinfectants, as well as hereditary risk. Pests, dust and mold can also [trigger](#) attacks, health officials warn.

Treatment options include continuous inhaled or oral corticosteroids, often alongside bronchodilators that open tight airways. Lifestyle changes such as identifying and avoiding triggers can also be part of your child's [asthma action plan](#). The Centers for Disease Control and Prevention define asthma control as lessening symptoms and interruptions to your child's life, with just one or no asthma attacks each year. Kids can develop serious complications if asthma is poorly controlled, Dralyuk warns, and one in 20 children is hospitalized annually. A severe attack can cut off oxygen, injuring the brain, and can be deadly. Over time, asthma can also permanently damage lungs.

Allergies

[Allergic rhinitis](#), either seasonal or year-round, is a reaction to an allergen that a child's body thinks is dangerous and tries to fight off. Pollen from trees, grass or weeds is often to blame, as well as dust mites, mold, cockroach waste or animal dander. The immune system releases histamine, which irritates the nose, eyes, throat and sometimes lungs. This causes sneezing, a stuffy or runny nose, itching and nosebleeds or wheezing. Affecting about [19% of children](#), there's a strong overlap with asthma: Eight in 10 asthmatic children also have allergies, making symptoms worse. Your child's pediatrician might prescribe antihistamines, nasal sprays, decongestants or allergy shots for relief, or refer them to an allergist. Allergists [recommend](#) kids with a seasonal history start treatments two weeks before expected symptoms and always shower after playing outside to get rid of pollen.

Infections

Viral illnesses such as [croup](#) or [respiratory syncytial virus](#) spread through direct contact with an infected person's body fluid and trigger swelling in small airways in the lungs. Croup's tell-tale sign is a barking cough, but kids might also have stuffy or runny noses, fever or lose their voice. Babies and young children between 3 months and 5 years old are most susceptible, and because their airways are so small, breathing can take much more effort than it does for sick adults. Some kids get repeat infections in the winter. Inhaled medicines and steroids prescribed by their doctor can help, as well as at-home care with a humidifier, washcloth or steam.

In conclusion, Watch out for nasal flaring, belly breathing or if your child can't speak in full sentences, which signals moderate to severe respiratory distress. Visit your nearest emergency room if you notice a fast heart rate or blue skin, she adds, or if they're gasping for air. Severe infections or flare-ups might need oxygen.

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