

Patient/Family Education

Mob hawb pob (asthma) (Hmong)

Asthma yog ab tsi?

Asthma yog ib yam mob ntsws uas kho tsis tau zoo tu qab, tab sis yuav tswj fwm tau los ntawm kev siv tshuaj thiab hloov tej chaw nyob ib ncig ntawm koj.

Cov neeg muaj mob “asthma” los yog mob hawb pob, txoj hlab pas yuav muaj teebmeem rau ntau tsav yam xws li pa luam yeeb, tej pa luam yeeb, fab ub no, mob phaug, los yog cua txias txias. Kev mob “asthma” ua pa nyuab yuav muaj mus los tsis tseg, tab sis lub ntsws yuav theyv tsis taus tej ntxhiab uas ua kom nws huam mob hawb pob.

Yog tswjfwm tsis zoo tus mob hawb pob no yuav ua kom tau mus Emergency ntau zaus los yog pw hauv tsev khomob. Yog tswjfwm tus mob hawb po no tsis zoo kuj ua tau tuag thaib.

Ab tsu ua kom mob hawb pob (asthma)?

Qhov keeb hauv paus txawm mob hawb pob (asthma) tsis tau paub li, tab sis nws ntxiav tshwm mob raws tsev neeg. Tej zaum nws yuav nquag ua mob heev dua rau cov menuam yaus uas nquag fab los phiv ub no (allergies).

Mob “asthma” no zoo li cas?

Cov yeeb yam ntawm tus mob “asthma” yog:

- hnoos
- txog siav
- hawb pob
- hauv siab ceev ceev
- pw tsis taus kom dhau hmo yam tsis muaj tus mob
- ua tsis taus “exercise” yam tsis muaj tus mob

Asthma (English)

What is asthma?

Asthma is a chronic lung disease that cannot be cured. It can be controlled by taking medicine and making changes in your environment.

People with asthma have very sensitive airways that react to many things, such as cigarette smoke, allergies, infections, or cold air. Asthma episodes may come and go, but the lungs stay sensitive to the things that trigger asthma.

Poor control of asthma may lead to frequent emergency room visits or hospital stays. Poor asthma control can also cause death.

What causes asthma?

The basic cause of asthma is not yet known, but it tends to run in families. It may be more common in children with allergies.

What are the signs of asthma?

The main signs (symptoms) of asthma are:

- coughing
- shortness of breath
- wheezing
- tightness of the chest
- unable to sleep through the night without symptoms
- unable to exercise without symptoms

- hnoos ntev lawm los yog hawb pob tom qab tau kab mob khaub thuas tag

Yuav zoo li cas sij hawm mob hawb pob (asthma)?

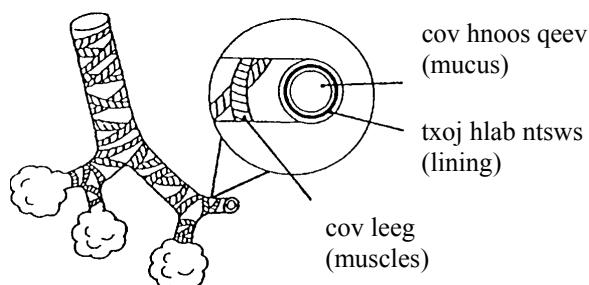
Nws tseem ceeb yog paub zoo tias lub ntsws ua haujlwm li niaj hnub licas es yog thaum mob hawb pob “asthma” nej thiaj to taub. Saib duab qhia txog lub ntsws nram kawg ntawm diam ntawv no.

Thaum nej ua pa, cua nkag ntawm qhov ntswg thiab qhov ncauj mus. Nws mus hauv txoj hlab pas, rau hauv koj txoj hlab cua, thiab mus hauv cov hnab cua. Cov cua no mus rau hauv nej cov ntshav mus hloov cov cua ua nej lub cev tau siv tag ces thiaj li ua pa tawm.

Thaum mob “asthma” tus neeg yuav ua pa nyuab vim rau qhov:

- Sab hauv txoj hlab pa o tuaj.
- Cov leeg ncig cov hlab pa kuj ceev tuaj, ua kom txoj hlab pa khoob me.
- Ua hnoos qevee nyeem tuaj, thaiv cov hlab pa me.

Cov hlab ntsws tsis muaj mob
(Close-up view of normal airways)



- prolonged coughing or wheezing after viral infections

What happens during an asthma episode?

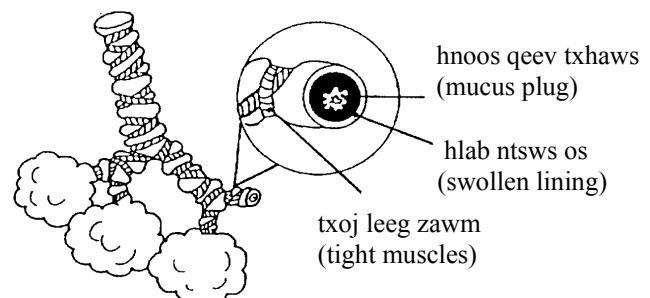
It is important to know how the lungs work normally so you can understand what happens during an asthma episode. See the picture of the lungs at the end of this document.

When you breathe in, air goes in through the nose and mouth. It goes down your windpipe, through your airways, and into the air sacs. The air goes into your blood and is traded for the used air that you get rid of when you breathe out.

During an asthma episode a person has a hard time breathing because:

- The lining of the airways becomes swollen.
- The muscles around the airways tighten, making the airways smaller.
- Thick mucus forms, blocking small airways.

Cov hlab ntsws mob “asthma”
(Asthma episode)



Dab tsi ua kom tus mob “asthma” no tshwm sim?

Qhov ua kom huam yog khaub thus, pa luam yeeb, kev fab/phiv, los sis kev dhia ua “exercise” yuav ua tau kom mob hawb pob “asthma” tshwm sim. Yog thaum muaj ob peb yam ua ke lawv yuav uas mob nyav dua. Tej cov neeg, tsuas mob tuaj thaum ruag ob yam los ntaw tshaj rov sauv xwb.

Kev mob “asthma” ua pa nyuab ntawm nyias yuav txawv nyias ib yam, nws tseem ceeb uas nej yuav tsum paub zoo seb yam twg yog yam ua rau nej tus menyuam mob “asthma” tuaj es nej thiaj li paub tias yuav tau zam yam twg. Saib ntawm nplooj ntawv qhia kawm “Tswjfwm tej yam ua kom mob hawb pob.”

Tej yam ab tsi yog yam tshwm sim qhia rau nej ua ntej yuav mob “asthma” ua pa nyuab?

“Asthma” los yog ua pa nyuab tsis yog lam muaj kiag tam siv, feem ntaw mas nws kuj yuav muaj tej yam ua ntej nws yuav ua pa nyuab. Xws li los kua ntswg, hnoos, txog siav, pw tsaug zog tsis taus hmo ntuj, tsis qab los, los yog tsis muaj zog tshuab pa. (Saib ntawm nplooj ntawv qhia kawm tshuab pa “Peak flow meter.”)

Nws tseem ceeb nej yuav tsum tau paub cov yeeb yam no kom zoo kom nej paub tswjfwm tus mob no kom txhob mob loj.

Peb yuav kho li cas thaum mob hawb pob?

Koj yuav tsum tau ua num nrog koj tus minyuam tus kws khomob ua daim ntawv npaj uas yuav pab nej tswj tus mob hawb pob thiab kho thaum mob hawb pob tuaj lawm. Koj tus minyuam yuav tsum muaj tshuaj cawm (xws li tshuaj albuterol) los kho qhov hnoos, hawb pob, los yog txog siav.

What causes asthma episodes?

Triggers such as colds, smoke, allergies, or exercise can cause an asthma episode. When triggers are present together, they have a stronger effect. Some people only have episodes when 2 or more triggers are present.

Since each person has different triggers, it is important to determine which ones affect your child’s asthma so you can learn how to avoid them. See the education sheet “Asthma trigger control.”

What are some early warning signs of an asthma episode?

Asthma episodes rarely come on suddenly. Often there are clues or early warning signs that an episode may occur. Some early warning signs may be runny nose, coughing, shortness of breath, not sleeping well at night, poor appetite, or a decrease in peak flow. (See the education sheet “Peak flow meter.”)

It is important to know these signs so you can begin to treat the episodes early and prevent them from becoming severe.

How should we treat episodes?

You need to work with your child’s doctor to develop an asthma action plan that helps you control asthma and treat asthma episodes. Your child should have a rescue medicine (such as albuterol) to treat an episode of coughing, wheezing, or shortness of breath.

Peb yuav tiv thaiv mob hawb pob li cas?

Koj thiab koj tus menyuam yuav tau kawm kom tag li kawm tau txog kev mob hawb pob es thiaj los pab nej khoo tus mob. Kev ua mob hawb pob tuaj kuj yuav zam tau los ntawm zam tej uas yuav ua tau kom chiv mob hawb pob thiab siv cov tshuaj khoo, yog tias maub los ntawm nej tus kws khomob. Yog koj tus menyuam daim ntawv sau npaj tseg siv muaj tshuaj khoo txhua hnub, xyuas kom meej muab cov tshuaj rau **txhua txhua hnub**, txawm tias koj tus menyuam nyob zoo lawm.

Ua li cas kuv thiaj paub tias tswj tau tus mob “asthma” no lawm?

Neeg feem coob uas tswjfwm tau tus mob “asthma” no yuav ua tau li nram no:

- dhia ua si, ncaws pob ntaus pob ub no tau tsis mob hawb pob tuaj
- pw taus ib hmos yam tsis hnoos, hawb pob, los yog mloog zoo li txog siav

Muab tshuaj kom haum rau thiab zam tej ub no uas yuav ua kom mob “asthma” tuaj, neeg feem ntau muaj peev xwm ua tau:

- feem ntau tiv thaiv tau kev mauj mob “asthma” tuaj
- tiv thaiv tau qhov mus ntsib kws khomob yam tites titaw
- tiv thaiv tau tsis tau mus pw hoomom kho “asthma”

Thaum twg kuv thiaj yuav hu rau chaw khomob?

Hu chaw khomob yog:

- hnoos, hawb pob, los txog siav twb siv cov tshuaj cawm tsawg kawg nkaus los twb tau li 4 teev no lawm los khoo tsis tau
- hnoos los hawb pob hmo ntuj los sis thaum dhia ua exercise

How can we prevent episodes?

You and your child should learn all you can about asthma to help you control it. Asthma episodes may be prevented by avoiding asthma triggers and taking a controller medicine, if prescribed by your doctor. If your child’s asthma action plan includes a daily controller medicine, be sure to give it **every day**, even when your child feels good.

How do I know if asthma is in control?

Most people with controlled asthma will be able to:

- be active, including participating in exercise and sports, without having asthma symptoms
- sleep through the night without coughing, wheezing, or feeling short of breath

By getting proper treatment and avoiding asthma triggers, most people can:

- prevent most asthma episodes
- prevent emergency visits to the doctor
- prevent hospital stays for asthma

When should I call the clinic?

Call the clinic if:

- coughing, wheezing, or shortness of breath not controlled with rescue medicine for at least 4 hours
- coughing or wheezing at night or with exercise

- nyob rau ntawm ntu daj tshaj li 12 rau 24 teev lawm

Ntsib kws khomob tam sis yog tias:

- qhov hnoos los hawb pob tsis zoo me ntsis li los yog heev tuaj tom qab muab cov tshuaj cawm tag
- pheej rov huas pas (cov tawv ntawm caj dab los sis hauv siab pheej hmlos thaum ua pa)
- tus kaj tshuab ntawm lub “peak flow” mus qis dua lawm los yog nyob qhov qub xwb tom qab twb muab cov tshuaj cawm tag
- pw ncaj nraim tsis tau yam tsis muaj teebmeem ua pa

Yog hu tsis tau kws khomob, mus ntawm chaw muaj mob ceev.

Hu rau 911 yog tias:

- muaj teeb meem mus kev los yog hais lus
- di ncauj los rau tes tej xiav, los yog txho
- tsi ua pa
- koj txhawj xeeb txog koj tus menuam xyov nws yuav nyob dhau 30 feeb tom ntej no li cas

Lus nug?

Daim ntawv no tsis cob coos rau koj tus menuam nkaus xwb, tab sis yog muab xov rau sawv daws. Yog nej muaj lus nug ab tsi thov hu rau chaw khomob.

Peb pom zoo tias koj thiab koj tus menuam mus koom rau khoo kas kawm txog mob hawb pob, kom kawm tau ntau yam los khoo tus mob hawb pob. Hnug nej tus kws khomob, nais mom, los yog Asmibka lub Koom Haum Ntsws rau tej xov txog tej khoos kas ua muaj.

- in the Yellow Zone for more than 12 to 24 hours

See the doctor right away if:

- coughing or wheezing is not better or gets worse after rescue medicine has been given
- retracting (chest or neck skin pulls in with each breath)
- peak flow rate goes down or stays the same after rescue medicine has been given
- unable to lie down flat without trouble breathing

If you cannot reach the doctor, go to the Emergency Room.

Call 911 if:

- trouble walking or talking
- lips or fingernails are blue or gray
- stops breathing
- you are worried about how your child will get through the next 30 minutes

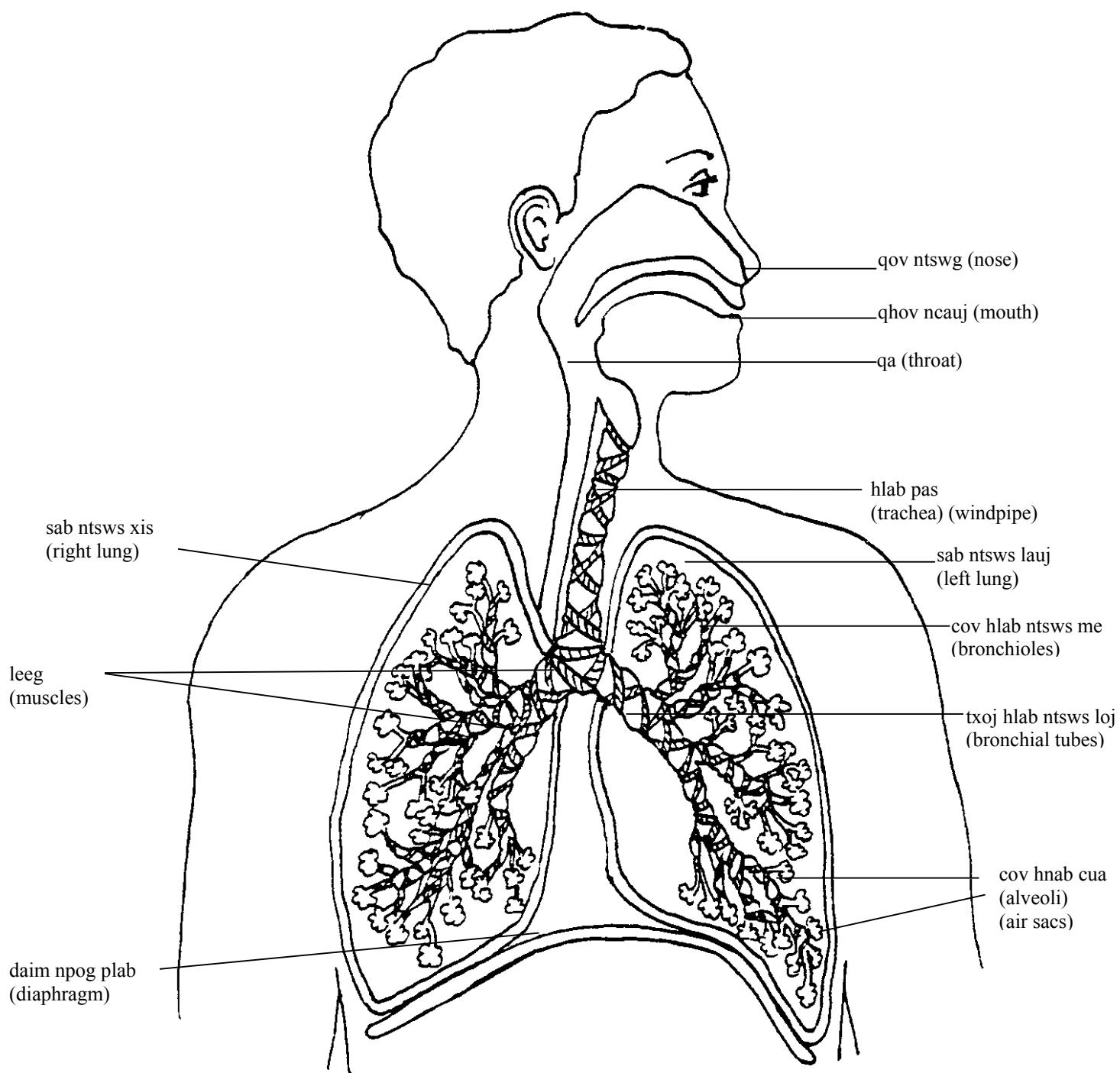
Questions?

This sheet is not specific to your child, but provides general information. If you have any questions, please call the clinic.

We recommend that you and your child attend an asthma education program, to learn more ways to control asthma. Ask your doctor, nurse, or the American Lung Association for information about available programs.

Lub ntsws zoo

(Normal lungs)



Children's Hospitals and Clinics
Minneapolis/St. Paul, MN
Patient/Family Education
2525 Chicago Avenue South
Minneapolis, MN 55404
10/03 ©Copyright, Translated 9/04