

# WORLD ASTHMA DAY

Ensuring access to life-saving inhaled therapies for everyone, everywhere

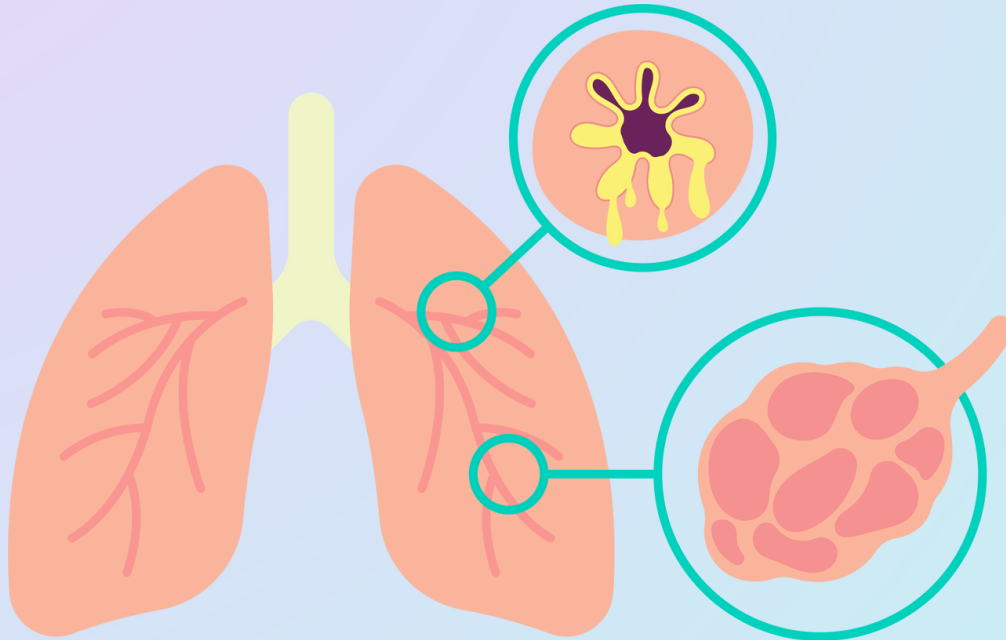


**EVERY BREATH MATTERS!**

On World Asthma Day 2025, we unite under the global theme “Make Inhaled Treatments Accessible for ALL”—a powerful call to action to ensure that every individual living with asthma has equal access to life-saving inhaled medications. Asthma affects over 300 million people worldwide, causing recurring episodes of breathlessness, wheezing, and chest tightness. But with the right knowledge, nutrition, lifestyle choices, and medical support, asthma can be effectively managed. This comprehensive guide brings together prevention tips, dietary allies, natural remedies, and cutting-edge research to help ease breathing worries and support long-term respiratory health.

# WHAT IS ASTHMA?

A chronic condition that affects the airways (bronchial tubes) in the lungs, making it hard to breathe.



## SYMPTOMS- KNOW THE SIGNS BEFORE IT STRIKES

### ✓ COMMON SYMPTOMS

- ◆ Shortness of Breath- Difficulty in breathing, especially during physical activity or at night.
- ◆ Wheezing- A whistling or squeaky sound when you breathe, especially during exhalation.
- ◆ Persistent Coughing- Often worse at night or early in the morning; may be dry or accompanied by mucus.
- ◆ Chest Tightness- Feels like something is squeezing or sitting on your chest; may feel heavy or painful.
- ◆ Rapid Breathing- An increased rate of breath, even during light activity or rest.

## WARNING SIGNS OF A WORSENING ASTHMA ATTACK:

- Severe Shortness of Breath or Wheezing
  - Breathing becomes extremely labored or rapid.
- Blue Lips or Fingernails (Cyanosis)
  - Sign that oxygen levels are dropping dangerously low.
- Difficulty Speaking
  - If you're too breathless to complete a sentence without pausing.
- Feeling of Panic or Anxiet
  - As oxygen drops, mental distress may rise.
- No Relief from Quick-Relief Inhalers
  - If medication doesn't seem to be working, seek emergency care immediately.

## 📌 WHEN DO SYMPTOMS FLARE UP?



- ❄️ You're exposed to cold or dry air
- 🧹 There's dust, smoke, or pollution around
- 🤧 You have a cold or respiratory infection
- 🏃 You engage in strenuous physical activity
- 🌸 You're exposed to allergens (pollen, pets, etc.)

# ASTHMA PREVENTION

## 1. AVOID EXPOSURE TO TRIGGERS

- 👁️ Stay indoors on days with poor air quality
- 🚫 Limit outdoor activity during pollen season
- ❄️ Cover your nose and mouth in cold or dry air
- 👉 Avoid strong fragrances and chemical fumes

## 2. STAY AWAY FROM ALLERGENS & SMOKE

- 🐾 Keep pets out of bedrooms or off furniture
- 🔥 Avoid wood fires, incense, and fireworks
- 🚬 Say a firm NO to tobacco smoke
- 🛏️ Use dust-proof covers on mattresses and pillows

## 3. KEEP YOUR SURROUNDINGS CLEAN

- 🧽 Dust and vacuum regularly using HEPA filters
- 💧 Avoid mold by keeping humidity low
- 🌬️ Use an air purifier with UV and ion filters
- 🧺 Wash bedding weekly in hot water

## 4. GET YOUR VACCINATIONS ON TIME

- ✓ Flu shot – Prevents asthma flare-ups due to influenza
- ✓ Pneumonia vaccine – Avoids lung infections
- ✓ Tetanus, Diphtheria & Whooping Cough – Boost protection from respiratory triggers
- ✓ Zoster (for older adults) – Reduces viral complications



## 5. ADHERE TO YOUR PRESCRIBED MEDICATIONS

- 🕒 Take inhalers and other medications as scheduled
- 📋 Follow your doctor's asthma action plan
- ☎️ Don't skip follow-up appointments
- ✅ Monitor symptoms using a peak flow meter



### ✅ BONUS TIPS FOR EXTRA PROTECTION

- 👃 RINSE YOUR NOSE DAILY WITH SALINE
- 🥗 EAT ANTIOXIDANT-RICH, ANTI-INFLAMMATORY FOODS
- 🏃 EXERCISE REGULARLY—BUT SMARTLY
- 🏡 PLANT TREES AND DETOX YOUR LIVING SPACE

## **NUTRITIONAL SUPPORT FOR ASTHMA**



1. Bell Peppers – Vitamin C & antioxidants
2. Pomegranates – Vitamin C, fiber, antioxidants
3. Apples – Gut health, prevent chronic illness
4. Green Beans – Bone health, reduces depression
5. Ginger – DNA protection, fights inflammation
6. Spinach – Vitamin-rich, boosts immunity
7. Tomato Juice – Lycopene fights lung damage
8. Oranges – Vitamin C & folate
9. Avocados – Respiratory health, good fats

## **OMEGA-3 & ASTHMA**

Fish oil reduces IgE antibodies

Less inflammation = fewer asthma symptoms



# SUPPLEMENTS & NATURAL RELIEF



Research shows that certain supplements and natural remedies can complement medical care by strengthening immunity, reducing airway inflammation, and improving lung function. These natural aids not only support respiratory health, but also help protect the body from pollution-induced damage and nutrient deficiencies that worsen asthma symptoms.

From vitamin D3 that slashes the risk of severe asthma attacks, to NAC that breaks down thick mucus, here's a science-backed lineup of daily supplements and herbal aids that are making a difference for asthma sufferers worldwide.

1. Vitamin D3 (5,000 IU/day) – Cuts down attacks
2. B-Vitamins (Folic acid, B6, B12) – DNA repair from pollution
3. Black seed oil – Reduces inflammation
4. Rosemary extract – Alleviates resistant asthma
5. Quercetin – Helps prevent allergies
6. Ginseng (1–2g/day) – Improves lung function
7. Magnesium (500mg/day) – Relaxes airways
8. NAC (1,200mg/day) – Reduces mucus



## LIFESTYLE & EXERCISE TIPS:

### TAKE CONTROL OF ASTHMA, ONE BREATH AT A TIME

Asthma may be a chronic condition, but with the right lifestyle choices, you can stay one step ahead of your symptoms. While medications are vital, your daily habits play an equally powerful role in managing inflammation, boosting lung strength, and preventing flare-ups.

Simple steps—like following a personalized asthma action plan, practicing HIIT workouts to improve lung capacity, or even wearing a mask in cold weather—can make a big difference. Managing acid reflux, often an overlooked trigger, can also help reduce airway irritation. And when it comes to diet, prioritizing low-glycemic foods, lean proteins, and nutrient-rich vegetables provides your body with the fuel it needs to fight inflammation naturally.

By embracing these holistic habits, you're not just managing asthma—you're building a stronger, more resilient you with every breath.

- Create an asthma action plan with your doctor
- Practice HIIT workouts for better lung capacity
- Use masks in cold weather
- Manage acid reflux to reduce airway inflammation
- Focus on low-glycemic, high-protein, veggie-rich diet





# **EQUAL AIR FOR ALL – Inhalers Are a Right, Not a Privilege!**

*Breathe*



**This year's theme highlights a critical need—the universal accessibility of inhaled treatments for asthma. These essential medications not only manage symptoms but also prevent life-threatening attacks. World Asthma Day 2025 urges governments, especially in countries like India, to scale up patient awareness, early diagnosis, and ensure affordable access through programs like Ayushman Bharat. With growing pollution and rising asthma cases, it's time for healthcare providers and policymakers to act—so that no one is left breathless due to lack of knowledge or medicine. Every breath counts, and every life matters.**