If left untreated can cause long-term damage that is irreversible (airway remodeling)

What is the threat with untreated asthma?
- Can cause long-term damage that is irreversible (airway remodeling)

Clinical Manifestations:
- Symptoms differ from person to person
- Between attacks, person may be symptom free
- Airways narrows because of bronchospasm, edema of bronchial mucosa, and mucus production
- Prolonged expiration
- Forced expiratory volume and peak expiratory flow rate decreased
- Air may become trapped behind obstruction, need more energy to breathe
- As condition progresses, alveolar ventilation decreases, poor gas exchange (hypoxia and hypercapnia)
- Mild attack- mild wheezing, chest tightness, slight increase in resp rate with prolonged expiration

What are signs of a severe attack?
- More severe attack- involved use of accessory muscles, distant breath sounds, loud wheezing, fatigue, anxiety, dyspnea
- If bronchospasm is not reversed this will lead to "silent chest"-> no air movement
- Wheezing disappears--- may mean airway is occluding completely, no air movement... requires immediate interventions
- Status Asthmaticus: if bronchospasms are not relieved by usual measures -> severe bronchospasm may lead to respiratory arrest

What is peak flow?
- Green:
  - 80 to 100% of your personal best peak flow measurement; asthma is under control.
- Yellow:
  - 50 to 79% of your personal peak flow measurement; asthma is getting worse; you may need to use quick-relief medications or other medication, as directed by your doctor
- Red:
  - Below 50% of your personal best peak flow measurement; medical alert, take quick-relief medication and seek care

How is asthma treated?
- Elimination of the causative agent
- Anti-allergy medications
- Monitor peak flow rate with a peak flow meter, the meter measures your ability to push air out of your lungs.
- Education on triggers, medications habits, peak flows