Francisco asthma

CHILDREN ARE GOING BACK TO SCHOOL AND THE WEATHER IS FINALLY STARTING TO COOL OFF. THE END OF SUMMER MIGHT BRING FALL LEAVES, BUT IT ALSO BRINGS MOLD SPORES AND WEED POLLEN THAT CAN AGGRAVATE ASTHMA.

UNIVERSITY OF MISSOURI HEALTH CARE NURSE PRACTITIONER BEN FRANCISCO SAID THAT THESE ALLERGENS CAN IRRITATE AIRWAYS AND CAUSE TROUBLE BREATHING.

“September and October are the peak months all across the country for emergency room visits and admission to the hospital for children with asthma.”

PARENTS CAN BE ON THE LOOKOUT FOR SIGNS THAT THEIR CHILD’S ASTHMA IS TROUBLING THEM. KIDS THAT HAVE TO STOP PLAYING TO CATCH THEIR BREATH OR CAN’T SLEEP THROUGH THE NIGHT WITHOUT COUGHING MIGHT NEED EXTRA CARE.

CHILDREN DON’T HAVE TO MISS OUT ON BACK-TO-SCHOOL ACTIVITIES, THOUGH. ACCORDING TO FRANCISCO, A DAILY ROUTINE IS KEY TO MANAGING ASTHMA.

“You prevent future attacks by giving daily medications that suppress or keep down inflammation.”

HAVING AN EMERGENCY PLAN IS ALSO IMPORTANT, LIKE KEEPING AN INHALER CLOSE BY IF THERE’S A FLARE UP. WITH PROPER TREATMENT, KIDS CAN RUN AND PLAY AT RECESS THIS FALL AND PARENTS CAN REST EASIER.

I’M CAILIN RILEY, WITH A MIZZOU SPOTLIGHT ON SCIENCE.