



# Holladay Physical Medicine

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[www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com)

This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

## Asthma

Bronchial asthma; Exercise-induced asthma

Asthma is a disorder that causes the airways of the lungs to swell and narrow, leading to wheezing, shortness of breath, chest tightness, and coughing.

### Causes, incidence, and risk factors

Asthma is caused by inflammation in the airways. When an asthma attack occurs, the muscles surrounding the airways become tight and the lining of the air passages swells. This reduces the amount of air that can pass by.

In sensitive people, asthma symptoms can be triggered by breathing in allergy-causing substances (called allergens or triggers).

Common asthma triggers include:

- Animals (pet hair or dander)
- Dust
- Changes in weather (most often cold weather)
- Chemicals in the air or in food
- Exercise
- Mold
- Pollen
- Respiratory infections, such as the common cold
- Strong emotions (stress)
- Tobacco smoke

[Aspirin](#) and other nonsteroidal anti-inflammatory drugs (NSAIDs) provoke asthma in some patients.

Many people with asthma have a personal or family history of [allergies](#), such as hay fever (allergic rhinitis) or [eczema](#). Others have no history of allergies.

# Symptoms

Most people with asthma have attacks separated by symptom-free periods. Some people have long-term shortness of breath with episodes of increased shortness of breath. Either wheezing or a cough may be the main symptom.

Asthma attacks can last for minutes to days, and can become dangerous if the airflow is severely restricted.

Symptoms include:

- [Cough](#) with or without sputum (phlegm) production
- Pulling in of the skin between the ribs when breathing ([intercostal retractions](#))
- [Shortness of breath](#) that gets worse with exercise or activity
- Wheezing, which:
  - Comes in episodes with symptom-free periods in between
  - May be worse at night or in early morning
  - May go away on its own
  - Gets better when using drugs that open the airways (bronchodilators)
  - Gets worse when breathing in cold air
  - Gets worse with exercise
  - Gets worse with heartburn (reflux)
  - Usually begins suddenly

Emergency symptoms:

- [Bluish color](#) to the lips and face
- Decreased level of alertness, such as severe drowsiness or confusion, during an asthma attack
- Extreme [difficulty breathing](#)
- [Rapid pulse](#)
- Severe [anxiety](#) due to shortness of breath
- Sweating

Other symptoms that may occur with this disease:

- Abnormal breathing pattern --breathing out takes more than twice as long as breathing in
- Breathing temporarily stops
- [Chest pain](#)
- Tightness in the chest

# Signs and tests

[Allergy testing](#) may be helpful to identify allergens in people with persistent asthma.

The doctor or nurse will use a stethoscope to listen to the lungs. Wheezing or other asthma-related sounds may be heard. However, lung sounds are usually normal between asthma episodes.

Tests may include:

- [Arterial blood gas](#)
- Blood tests to measure eosinophil count (a type of white blood cell) and IgE (a type of immune system protein called an immunoglobulin)
- [Chest x-ray](#)
- [Lung function tests](#)
- Peak flow measurements

## Traditional Treatment

The goals of treatment are:

- Control airway swelling
- Stay away from substances that trigger your symptoms

You and your doctor should work together as a team to develop and carry out a plan for eliminating asthma triggers and monitoring symptoms.

There are two basic kinds of medication for treating asthma:

- Control drugs to prevent attacks
- Quick-relief (rescue) drugs for use during attacks

Each type is described in more detail below.

Long-term control drugs for asthma are used to prevent symptoms in people with moderate to severe asthma. You must take them every day for them to work. Take them even when you feel okay.

- Inhaled steroids prevent symptoms by preventing airway swelling. These work very well and are almost always the first choice.
- Long-acting beta-agonist inhalers also help prevent asthma symptoms. These drugs should be used together with an inhaled steroid drug. It may be easier to use an inhaler that contains both drugs.

Other control drugs that may be used are:

- Leukotriene inhibitors (such as Singulair and Accolate)
- Omalizumab (Xolair)
- Cromolyn sodium (Intal) or nedocromil sodium (Tilade)

Quick-relief (rescue) drugs work fast to control asthma symptoms:

- You take them when you are coughing, wheezing, having trouble breathing, or having an asthma attack. They are also called "rescue" drugs.
- They also can be used just before exercising to help prevent asthma symptoms that are caused by exercise.
- Tell your doctor if you are using quick-relief medicines twice a week or more to control your asthma symptoms. Your asthma may not be under control, and your doctor may need to change your dose of daily control drugs.

Quick-relief drugs include:

- Short-acting bronchodilators (inhalers), such as Proventil, Ventolin, and Xopenex
- Your doctor might prescribe oral steroids (corticosteroids) when you have an asthma attack that is not going away. These are medicines that you take by mouth as pills, capsules, or liquid. Plan ahead. Make sure you do not run out of these medications.

A severe asthma attack requires a check-up by a doctor. You may also need a hospital stay, oxygen, breathing assistance, and medications given through a vein (IV).

#### ASTHMA CARE AT HOME

- Know the asthma symptoms to watch out for
- Know how to take your peak flow reading and what it means
- Know which triggers make your asthma worse and what to do when this happens.

Asthma action plans are written documents for anyone with asthma. An asthma action plan should include:

- A plan for taking asthma medications when your condition is stable
- A list of asthma triggers and how to avoid them
- How to recognize when your asthma is getting worse, and when to call your doctor or nurse

A peak flow meter is a simple device to measure how quickly you can move air out of your lungs.

- It can help you see if an attack is coming, sometimes even before any symptoms appear. Peak flow measurements can help show when medication is needed, or other action needs to be taken.
- Peak flow values of 50% - 80% of a specific person's best results are a sign of a moderate asthma attack, while values below 50% are a sign of a severe attack.

## **Expectations (prognosis)**

There is no cure for asthma, although symptoms sometimes improve over time. With proper self management and medical treatment, most people with asthma can lead normal lives.

## **Complications**

The complications of asthma can be severe. Some include:

- Death
- Decreased ability to exercise and take part in other activities
- Lack of sleep due to nighttime symptoms
- Permanent changes in the function of the lungs
- Persistent cough
- Trouble breathing that requires breathing assistance (ventilator)

### **PREMISE**

In order to recover from many of today's chronic health disorders, a basic premise must be understood on which all other treatments and remedies depend. The body must be fed the proper ingredients to heal and it must not be fed or exposed to harmful or toxic elements. Go to our web page [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) Scroll down to the Absolute Health Clinic on the right and click on Learn More. Review each of the following completely: Things to Avoid or Eliminate, Things to Do, Detoxification, Preferred Foods, Forbidden Foods, and Cleaning Products Substitutes.

Each of these items is necessary for you to overcome this disorder. It is not likely that a cure is readily achievable and management is our initial goal. Depending on how long your body has suffered from this disorder, it may take at least half that long to gain control of the condition and manage it in such a way as to not completely interfere with your daily routine. Expectations should be largely based on your individual history with this condition.

### **USE OF PRESCRIPTION DRUGS**

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

## **Specific Natural Treatment**

It is understood that using natural means to treat any condition will take time. A change in the body chemistry is necessary for this condition to respond. By using the following items consistently as recommended, changes in body chemistry sufficient to remove the symptoms and begin to balance the immune response can be expected to begin in 60-90 days. The long term use may produce a complete remission.

### **SUPPLEMENTATION:**

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

#### **GENERAL DAILY SUPPLEMENTS**

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

#### **SPECIFIC FOR THIS CONDITION**

- Pneumotrophin
- Drenamin
- Zypan
- Antronex
- Congaplex
- Pituitrophin (children)

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

#### **OTHER INFORMATION:**

We offer a wide variety of health information at our web site.

[www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.