

As seen in



What has your child been diagnosed with? Asthma has many nicknames which include:

- Reactive Airways Disease (RAD)
- Wheezing bronchitis
- Wheezing with exercise
- Asthmatic bronchitis
- Reactive Airway Dysfunction Syndrome
- Exercise Induced Bronchoconstriction

Having a better understanding about asthma and some available treatments can go a long way to helping children get the help they need. Many parents and physicians are often reluctant to making a diagnosis of asthma. We have called this asthmaphobia. Many believe that making a diagnosis of asthma results in the child's banishment from athletics and sports. The truth is that there are many excellent treatments for asthma, and many of the world's top athletes have asthma.

Asthma is a condition that is episodic, and reversible. The airways are "twitchy" and the tiny tubes tend to shrink down, or "spasm" with various triggers. If you can identify the trigger (e.g. grandmother's heavy perfume, cats, or a stuffed animal), the best treatment is avoidance. But when the trigger is not obvious or it is unavoidable, there are many strategies, and some medicines that can enable a child with asthma to do all the same activities as a non-asthmatic peer.

In addition to the treatment advised by your pediatrician, remember that a spacer device is important to use when using any metered dose inhalers regardless of the age of your child. Finally, remember that a flu vaccine is recommended for children with asthma and their household contacts each year around fall.

Now is a great time of year for an asthma tune-up. Your pediatrician has a whole list of different medications and strategies to choose from when devising your child's asthma action plan. But the first step is making a diagnosis.

Don't fear the diagnosis of asthma. Attack asthma. If you don't manage your child's asthma, it will manage her.

Drs. Daphne and Paul Horowitz have opened Discovery Pediatrics, Inc. a full-service pediatric office different from any you've ever experienced. No receptionists to get in the way, and a tiny waiting room since they don't expect you to wait. Welcoming new patients daily and removing barriers to care. 27420 Tourney Rd. Suite 150. Check out www.DiscoveryPeds.com for more information, or call 661.259.8999