

ASTHMA EXACERBATIONS RISK FACTORS AND TRIGGERS DURING WARTIME

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Abstract

The aim of the study: tExacerbations of asthma are episodes characterized by a progressive increase of shortness of breath, cough, wheezing or chest tightness and decrease in lung function, and represent a change from the patient's usual status that is sufficient to require a change in treatment. There are many reasons that can lead to increased severity and exacerbations of asthma. Risk factors increase the chances of an exacerbation, while triggers are conditions or situations that lead to the actual occurrence of an exacerbation. The risk of asthma exacerbations is associated with many factors, including the level of asthma control, severity of asthma, lung function status, psychosocial status, previous history of near-fatal attacks, number of asthma medications, response to treatment, comorbidities, occupational hazards, sensitization, indoor and outdoor pollution. Poor adherence to treatment is the main cause of loss of asthma control, and it is also often the basis for the onset of exacerbations. The triggers of asthma exacerbations are diverse. The most common causes of exacerbations are exposure to external agents such as allergens, air pollutants and respiratory tract infections. Asthma exacerbations can also be triggered by physical exercise, weather changes, cold or dry air, foods, medication, extreme emotions etc. War and wartime conditions carry economic, environmental, and psychological prerequisites for worsening the course of bronchial asthma and increasing the risk of its exacerbations.

Key words: asthma, asthma exacerbation, triggers, risk factors, viral infection, allergy, air pollution

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