



Asthma in Children

TAKING ACTION AGAINST ASTHMA

By La Rabida Children's Hospital – The Chronic Illness Experts | www.larabida.org

Manageable with Proper Care

Asthma is the number one cause of chronic illness in children in the U.S., affecting about 10% of all children. The number of children with asthma is increasing, but the reason is unknown. The underlying problem in asthma is swelling and inflammation of the air passages in the lungs. Exposure to triggers, such as allergies, pollution, cold air and exercise, acts on the inflammation, causing airways to tighten and to pump out mucus. The result is breathing difficulty and cough. Over time, especially if untreated, asthma can lead to permanent lung damage.

Asthma is a serious condition that cannot be “outgrown” but can be controlled with the proper use of age appropriate medications. In addition, avoidance of activities and substances that may trigger an acute episode will enhance control of asthma.

RISKS AND SYMPTOMS OF ASTHMA

Risk factors for developing childhood asthma include:

- Nasal allergies
- Eczema
- A family history of asthma or allergies
- Frequent respiratory infections
- Low birth weight
- Exposure to tobacco smoke before or after birth
- African-American or Puerto-Rican ethnicity

Asthma can begin at any age, but most children have their first symptoms by age 5. The symptoms of asthma in children can vary over time and may include:

- Labored breathing

- Rapid breathing
- Loss of breath
- Frequent coughing spells, especially late at night
- A persistent cough
- Complaints of throat or chest tightness
- Weakness or fatigue
- Inability to complete activities or sports

Children experiencing difficulties should be evaluated by a physician to determine if asthma is present. The physician can also detect other conditions that can mimic asthma. Asthma in children is mostly diagnosed by medical history of the symptoms. A physical exam and allergy and breathing tests can confirm the diagnosis.

CHOOSE A PEDIATRIC ASTHMA EXPERT

There is no substitute for pediatric medical providers who know how to treat a child's chronic illness and help parents manage the child's care day to day. Understanding the mind, body and spirit of the child with asthma is essential in helping the child live an active and full life at home, school and at play.

LA RABIDA'S ASTHMA CENTER: A RECOGNIZED LEADER

La Rabida's Asthma Center is recognized as a Chicago leader in the treatment of children with asthma and other respiratory problems. Its interdisciplinary team of pediatric specialists represents a broad spectrum of training and skills in the medical, psychological, educational and rehabilitation aspects of asthma. The care team includes a pediatric allergist and immunologist, clinical nurse specialist, respiratory therapist, child psychologist, nutritionist and social worker.

The first visit to La Rabida's Asthma Center for most patients consists of an outpatient consultation. The team evaluates the child's pulmonary status, assesses allergic status and triggering factors, and evaluates the current level of asthma control. The evaluation helps to build a treatment plan that fits into a family's daily routine.

To make an appointment, call **773.753.8626**. Public and most private insurance is accepted. A referral from a primary care physician may be required.

MANAGING YOUR CHILD'S CARE

Timely access to medical care and following a physician-directed treatment plan can help children with asthma lead healthy, active lives. Parents are the first line of defense for children with asthma and are encouraged to work closely with their child's physician to learn all they can about the illness, crisis prevention, and how and when to administer prescribed medications. The goal of therapy is to prevent acute problems and chronic lung damage.



La Rabida Children's Hospital



A specialty hospital for children with chronic illness and developmental disabilities.

About La Rabida

La Rabida is a resource upon which Chicago's families have depended since 1896. Our mission to provide care to children with lifelong medical conditions regardless of their family's ability to pay has been unwavering.

Today, La Rabida serves approximately 9,000 children annually who require primary and specialty care to address complex and challenging medical conditions. Services and programs include treatment for chronic illnesses such as asthma, diabetes, and sickle cell disease, and developmental disabilities. In addition, La Rabida specializes in the treatment of children who have been abused, neglected or experienced trauma.

Under one roof, La Rabida offers access to board-certified pediatricians and specialty physicians, behavioral science professionals, advanced practice nurses, physical and occupational therapists, speech pathologists, dietitians, case managers and social workers. All have dedicated their careers to pediatric health care and are committed to our philosophy of care.

La Rabida is a recognized leader in its treatment of chronic disease, disabilities, abuse and trauma and works closely with leading institutions who refer patients for specialty care. It attracts high caliber health care professionals for the many career and training opportunities it offers. It is affiliated with Children's Memorial Hospital and the University of Chicago.

We are blessed with a magnificent Lakeside location just minutes from the heart of downtown Chicago. Our facility is designed to show off its spectacular views and inspire hope for every child and family who crosses our threshold.

Visit www.larabida.org. You will come to understand why La Rabida is so special.

COORDINATES AND CONTACTS

La Rabida Children's Hospital is located on Lake Michigan, directly east of Jackson Harbor, a mile south of the Museum of Science and Industry. To Mapquest directions, input 6501 S. Promontory Drive, Chicago, IL 60649 as the address. General inquiries, call 773.363.6700. To make an appointment, call 773.753.8626.

ASTHMA EVALUATION AND TREATMENT AT LA RABIDA

La Rabida has an array of inpatient and outpatient services for children with asthma and other respiratory conditions. We provide:

- Pulmonary function testing
- pH probe testing (for acid reflux)
- Allergy testing
- Radiology testing
- Blood tests

Each child and family works closely with an interdisciplinary team of pediatric professionals who craft a written plan for long-term management and for dealing with crises. Using Federal guidelines as a basis, the members of the La Rabida Asthma Center provide parents with the education and tools that they require to monitor and manage their child's condition at home, at school and in the playground. The goal is to have the child live an active and full life while reducing the complications of the illness.

To ensure continuity of care, the team also provides the child's referring physician with a detailed report of the visit and the management plan.

CHECK-OUT OUR WEBSITE TO LEARN MORE ABOUT LA RABIDA'S ASTHMA EXPERTISE. | WWW.LARABIDA.ORG