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Basis of preventive and non-pharmacological interventions in asthma

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Asthma is one of the most common atopic disorders in all stages of life. Its etiology is likely due to a complex interaction between genetic, environmental, and lifestyle factors. Due to this, different non-pharmacological interventions can be implemented to reduce or alleviate the symptoms caused by this disease. Thus, the present narrative review aimed to analyze the preventive and non-pharmacological interventions such as physical exercise, physiotherapy, nutritional, ergonutritional, and psychological strategies in asthma treatment. To reach these aims, an extensive narrative review was conducted. The databases used were MedLine (PubMed), Cochrane (Wiley), Embase, PsychINFO, and Cinahl. Asthma is an immune-mediated inflammatory condition characterized by increased responsiveness to bronchoconstrictor stimuli. Different factors have been shown to play an important role in the pathogenesis of asthma, however, the treatments used to reduce its incidence are more controversial. Physical activity is focused on the benefits that aerobic training can provide, while physiotherapy interventions recommend breathing exercises to improve the quality of life of patients. Nutritional interventions are targeted on implementing diets that prioritize the consumption of fruits and vegetables and supplementation with antioxidants. Psychological interventions have been proposed as an essential non-pharmacological tool to reduce the emotional problems associated with asthma.

KEYWORDS:

asthma, environment, microbiota, nutrition, physical exercise, ergo-nutrition, psychology

1. Background

Asthma affects children and adults, being a chronic disease. The passageways that carry air to the lungs narrow due to inflammation and compression of the muscles that surround the small airways (Figure 1). This causes the symptoms of asthma: cough, wheezing, shortness of breath, and chest tightness. These symptoms are intermittent and are often aggravated at night

Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad

Sheldon C. Siegel

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The Therapy of Bronchial Asthma W. J. Quarles van Ufford,1956 **Issues Surrounding First Chronic Therapies in Asthma** P. Barnes,1997 **Recent Advances in the Treatment of Asthma**,1982 The symposium was devoted to ketotifen a new oral asthma prophylactic **Mometasone Furoate** European Respiratory Society. Congress, 2001

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Table of Contents Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad

1. Understanding the eBook Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad
 - The Rise of Digital Reading Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad
 - Advantages of eBooks Over Traditional Books
2. Identifying Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an eBook Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad
 - User-Friendly Interface
4. Exploring eBook Recommendations from Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad
 - Personalized Recommendations

- Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad User Reviews and Ratings
 - Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad and Bestseller Lists
5. Accessing Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad Free and Paid eBooks
- Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad Public Domain eBooks
 - Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad eBook Subscription Services
 - Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad Budget-Friendly Options
6. Navigating Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad eBook Formats
- ePUB, PDF, MOBI, and More
 - Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad Compatibility with Devices
 - Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad
 - Highlighting and Note-Taking Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad
 - Interactive Elements Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad
8. Staying Engaged with Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad
9. Balancing eBooks and Physical Books Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad
- Setting Reading Goals Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad

- Fact-Checking eBook Content of Preventive Therapy In Asthma Proceedings Of A Symposium Held In Gstaad
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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