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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 implementation 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 nutritional, 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

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National Library of Medicine Current Catalog National Library of Medicine (U.S.),1993 **Current Catalog** National Library of Medicine (U.S.),1993 First multi year cumulation covers six years 1965 70 **Index of Conference Proceedings**,1992 *Preventive Therapy in Asthma* John Morley,1991 Preventive therapy for asthma became therapeutically possible when the oral prophylactic drugs cromoglycate and ketotifen were introduced However use of drugs which rapidly ameliorate the symptoms of asthma continues to be the predominant treatment This volume seeks to identify the need for preventive therapy the options available methods for clinical evaluation of newer therapies and possible clinical and economic benefits when anti asthma therapy is directed towards prevention *Index of Conference Proceedings Received* British Library. Document Supply Centre,1986 Medi-kwoc Index,1974 English language papers presented at biomedical meetings during the previous 5 years Includes only non journal publications not indexed by major services and received by Washington University School of Medicine Library Arranged under 3 sections i e Key word index Author index and Register of conferences contains full bibliographical information **Striking a balance**,1989 **Striking a Balance - the Preventive Treatment of Asthma** A. S. Rēbuck,European Society of Pneumology. Congress,Fisons Limited,1989 The Therapy of Bronchial Asthma W. J. Quarles van Ufford,1956 **Recent Advances in the Treatment of Asthma**,1982 The symposium was devoted to ketotifen a new oral asthma prophylactic Issues Surrounding First Chronic Therapies in Asthma P. Barnes,1997 *Advances in asthma management* Sheldon C. Siegel,1991 **ASTHMA- EVALUATION OF DRUG THERAPY- PROCEEDINGS OF A SYMPOSIUM OF GLAXO, SWEDEN.**, *Immunoregulation of Asthma* H. M. Jansen,1991 **Mometasone Furoate** European Respiratory Society. Congress,2001 *Immunoregulation of Asthma* H. M. Jansen,1991 **New Concepts in the Topical Treatment of Asthma and Related Disorders**,1982 **Assessment of Inflammation in Asthma** Anne Elizabeth Tattersfield,1994 *Treating Asthma, Not Its Symptoms*,1988 **Strategies for Optimizing Treatment of Acute and Chronic Asthma** Dennis M. Williams,2006

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