

Asthma (Arabic)

الربو



الربو مرض شائع يصيب الشعب الهوائية (الأنابيب التي تحمل الهواء من الفم والأنف إلى الرئتين). أثناء نوبة الربو (وتسمى أيضًا أعراض أو فورة) ، تتنفس الممرات الهوائية وتضيق، وتنتفخ بالمخاط، مما يجعل التنفس صعبًا.

يعتبر الربو أكثر شيوعًا عند الأطفال الذين لديهم أفراد من العائلة يعانون أيضًا من الربو أو حالات الحساسية مثل الأكزيما وحساسية الفئس. الربو هو أحد الأسباب الأكثر شيوعًا التي تدفع الأطفال لزيارة الأطباء أو تفويتهم أيام الدراسة أو دخولهم المستشفى. ومع ذلك، يمكن السيطرة عليه بالأدوية بحيث يمكن للأطفال أن يعيشوا حياة طبيعية نشطة.

ما هي أسبابه؟

غالبًا ما يكون سبب الإصابة بالربو غير معروف. يمكن أن ينتشر في العائلات ويرتبط ربو بعض الأطفال بحالات أخرى مثل الأكزيما وحساسية الفئس والحساسية.

هناك العديد من الأشياء التي يمكن أن تؤدي إلى نوبة الربو بما في ذلك:

- نزلات البرد أو الالتهابات الفيروسية
- الحساسية لغت الفئس وحبوب اللقاح وشعر الحيوانات أو الدخان
- التغيرات المناخية
- مشاعر أو ردود فعل قوية مثل الضحك أو التوتر.

إذا تعرض الطفل لدخان السجائر أثناء الحمل والطفولة المبكرة، فقد يزيد ذلك من خطر الإصابة بالربو.

العلامات والأعراض

تشمل العلامات الشائعة للربو ما يلي:

ضيق في الصدر		الصفير (صوت صفير عند الشهيق والزفير المتفكك)	
سعال لا يزول، خاصة في الليل، وفي الصباح الباكر أو عند ممارسة الرياضة.		ثقل في التنفس	
		ضيق في التنفس	

قد تختلف العلامات والأعراض بين الأطفال وبين النوبات.



On Asthma Graeco Arabic Sciences Ser Al Ulum

Priscilla J. Piper, Robert D. Krell



On Asthma Graeco Arabic Sciences Ser Al Ulum:

Advances in the Understanding and Treatment of Asthma Priscilla J. Piper, Robert D. Krell, 1991-01-01

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