

A typical asthma symptom

Learning to read the signs goes a long way to controlling asthma attacks.

What are asthma symptoms?

The main problem with diagnosing asthma is that the typical asthma symptom can easily be confused with a common cold or flu virus. If you suspect yourself or your child to be displaying one of the following symptoms, go straight to your doctor. It's amazing how many people don't bother making an appointment with their GP, preferring to put it down to 'just a cold'. DON'T! This is a big mistake and can have serious repercussions, especially for children. You can risk anything you want, but never your child's health.

As is per usual, a typical asthma symptom in one person can vary to another. But there are specific things we can look out for. Wheezing, which is when you breathe with a whistling sound, might well be an indicator of asthma. If this happens to you or your child during the night, after doing exercise or while suffering from a cold it could mean that asthma is developing. It could also mean you are suffering from a viral lung infection, so get it checked out straight away. Remember though, that not all asthma sufferers have to endure wheezing.

Does your child have a persistent cough that just will not go away? Again, it could be nothing or it could be an asthma symptom, so don't risk it. A very common asthma symptom is finding it difficult to breathe or the feeling of breathlessness. If your child also complains of a tightness in the chest then this could well be an indicator. Remember that younger children aren't much good at anatomy, so they could say they have a stomach ache when really the problem is higher up. When in doubt what do you do? Exactly, take junior to the doctor.

Children are famous for wanting cuddles, and quite often they say they 'need' to be carried. However, if on occasions they seem more earnest than usual (but don't forget they are extremely good actors) you might want to check it out just to put your mind at ease. The feeling of being tired is another asthma symptom.

If you suspect your child might be developing asthma, or when your child is showing an asthma symptom, (or any symptom for that matter) try keeping a note of anything (or a combination of different elements) that is present on these occasions. You may be able to notice patterns and identify what is triggering their asthma, and this will be a great help when you tell the doctor.

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About the Author - Karon Beattie is a former asthma sufferer. She is the author of several books including "Naturally Free From Asthma" which describes how she eliminated her own asthma. This book has helped many other sufferers WorldWide do the same.

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