

KIDS FIRST



Dr. Brad Kluver

Asthma

Most likely, someone you know is suffering with this condition. It could be your child, a parent, someone close to you, or even yourself. I say this because there are millions of Americans afflicted with difficulty breathing.

Here are some quick facts to get us started.

Every day in America...

- 40,000 people miss work or school due to asthma.
- 30,000 people have an asthma attack
- 5,000 people visit the emergency room due to asthma
- 1,000 people are admitted to the hospital due to asthma
- 11 people die from asthma

Currently, asthma costs \$11 billion annually and is within the top ten reasons for school absenteeism. Childhood asthma prevalence more than doubled from 1980 to the mid 1990s.

The troubling truth is that experts in this field predict that the this trend will continue. A review of the 1999 HHS research budget revealed that 70 percent of the funds designated for asthma were spent on treatment and drug research, while less than 9 percent were targeted for prevention.

It is estimated that, in the next twenty-five years, 50 percent of all children will have difficulty in catching their breath. These numbers are not acceptable.

So how does this whole breathing thing work? Breathing is a process whereby your body takes air from the outside. This air then passes through your nose, windpipe and your bronchi. These are all parts of your “air conditioning” system, so to speak. This air is then filtered, purified, cleansed, warmed, and humidified before it enters your lungs. Think about the science behind this for a moment. There are amazing systems at work here that inform your brain whether the air you are breathing in is too cold, too dry, too polluted, etc. These messages are relayed to your brain, which then makes continual corrections every second that you are alive. It is an amazing process and happens very precisely under the perfect guidance of your nervous system. Yes, your nervous system is responsible for this function.

So what, then, is asthma? In children (and adults) who have asthma, the small tubes in the lungs, called bronchioles, become inflamed and irritated. They then contract and even spasm and produce mucous, which plugs up the breathing passages. Children can literally gasp for air.

These attacks can last minutes or hours and can persist for a lifetime.

In the recent news, many of us have heard about the high pollen count. It is generally felt that an asthma attack can be triggered by allergies, stress, pollen, pollution, etc. In certain situations it can be life-threatening. These children are condemned to a life of bronchodilators, drugs, and cortisone, all of which have serious side effects. These side effects can be either immediate or develop over a lifetime of chronic use. Asthma is said to be the leading cause of chronic illness among children. Not a fun thing to have, and it is best avoided.

But, the question I propose is this: Have you ever wondered why some children subjected to the same stresses, pollens, etc., develop asthma while others do not? After all, if asthma were caused by all factors the public has been led to believe, then all children would have it, right?

Wrong! Only some do, and their numbers have been rising. Talk to you in two weeks to discuss this further.

Kluver Chiropractic

Dr. Brad Kluver

Wellness

“My mission is to help as many people in my lifetime as I possibly can - especially kids!”

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