

Mayo Clinic Minute: When asthma attacks

Video	Audio
	Max loves running around with his siblings. But sometimes it's too much. Max has asthma.
John Costello, M.D. Pulmonology Consultant Mayo Clinic Healthcare London	"The pathology of asthma is like the airway is narrow. They get inflamed. You get more mucus formed because the body responds to infection by making mucus because mucus carries infection away."
	"I used my inhaler to help me breathe better."
Dr. Costello	"Inhaled corticosteroids are a cornerstone of the treatment."
	And nights for those with asthma can be difficult.
	"Bad asthma is almost always worse during the night for reasons that are not fully explained. Cough, wheeze and breathlessness are very often worse during the night, over recurrent nights."
	Dr. John Costello says inhalation therapy is the treatment of choice, though patients who have severe asthma may require corticosteroids that are given orally or intravenously.
	"And if the patient's not responding, then admission to the hospital (is needed) to make sure that these medicines are administered efficiently."
	As for Max, Dr. Costello offers some good news.
	"When progressing from childhood into adult life, asthma very often gets better in the early teens."
	For the Mayo Clinic News Network, I'm Joel Streed.