



News Release

University of Nevada School of Medicine

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Asthma may be a chronic problem, but there are ways asthma sufferers can alleviate their problems. Here is Dr. Ronald Rothstein of the University of Nevada School of Medicine for today's HEALTHLINE:

"Asthma is a disease that involves narrowing of the airways, causing people to have a great deal of difficulty in breathing and a suffocating feeling. Generally, one is born with a tendency, but needs an environmental trigger to produce symptoms which can occur at any time during your lifetime. Symptoms can be provoked both by allergic means as well as non-allergic -- for example, infections, exertion, laughing hard, breathing cold air, air pollution, as well as the family dog. Treatment would, of course, include avoidance of known precipitating factors, but if necessary, one might have to take medications which relax the muscles which surround the airways allowing for free passage of air. Smoking, of course, is strictly prohibited."

This is HEALTHLINE from the University of Nevada School of Medicine.