



# ARTHRITIS

Pain, swelling and stiffness in the joints

## JUVENILE RHEUMATOID ARTHRITIS

The causes of juvenile rheumatoid arthritis, an autoimmune disease that children may outgrow, are unknown.

### Symptoms:

- Unrelenting swelling of the joints
- Feeling tired and achy all the time
- Limping, accompanied with fever, especially in the morning

### DO:

- Seek professional treatment to formulate a plan to cope with the said condition
- Join a support group to share information and feeling. Interaction with other sufferers provides emotional relief.
- Keep updated on the developments of treatment by reading medical journals and surfing the Internet for information.

### DON'T:

- For parents: don't prevent children from expressing emotions like anger, discouragement or frustration.



# ASTHMA

Chronic inflammation of the bronchial tubes that restricts airflow into and out of the lungs

Asthma occurs when the bronchial tubes become inflamed or there is an overproduction of mucous. It also leads to the tightening of the muscles of the air passages, restricting airflow and causing labored breathing. Triggers of this condition include allergens (dust mites, pollen, molds, and pet hair or flakes of skin shedding), tobacco or wood smoke, fumes, poor air circulation, strong smells, and certain weather conditions such as cold air or extreme winds. They also include viral or sinus infections such as colds, flu or pneumonia. Allergic reactions from certain food or medicine, even exercise and physical activity may sometimes cause an asthma attack.

### Symptoms:

- Tightening of the chest
- Wheezing (or a whistling sound) when exhaling
- Shortness of breath
- Coughing, sometimes with sputum (phlegm & saliva)
- Restlessness and difficulty falling and staying asleep

### DO:

- Identify and eliminate triggers.
- Change air conditioning filters.
- Use air-tight mattresses and pillow cases. To get rid of dust mites, wash bedding weekly.
- If asthma attacks occur after physical activity such as exercising, take proper prescribed medication.
- Use a peak flow meter to monitor breathing progress.
- Use a dehumidifier.
- Wear a medical I.D. bracelet as a precautionary measure in case of extreme attacks to alert others.

### DON'T:

- Don't use strong perfume.
- Don't use cleaning supplies with strong odors.
- Don't smoke and stay away from smokers.
- Don't go near wood stoves and wood fireplaces.