

## Unexpected discovery: Physical and breathing surveys are the best way to diagnose asthma

Researchers at the University of Texas have found that identifying and treating asthma is effective thanks to physical, respiratory and health history tests.

Researchers at the University of Texas have found that identifying and treating asthma is effective thanks to physical, respiratory and health history tests.

It is known that nearly 8% of adults in the United States are diagnosed with asthma. In a study in JAMA Magazine, researchers at the University of Texas Medical School (UTMB) analyzed the best methods to diagnose and treat this condition and previous and post tests, see history. health and disease status and show very good effects for patients.

Dr. William Calhoun, professor of UTMB at the Department of Internal Medicine, caring and treating respiratory diseases in the lungs, said: *"When a patient has asthma, it is important for the healer and treatment to know history their health, breath tests and health checks,"* he said in a press release.



*"After being diagnosed, the caregiver should provide the patient with a questionnaire at each visit to find out more about how well their asthma symptoms are controlled and how they feel. What their quality of life is now, these tests called Spirometry should be repeated every 1-2 years if the patient has symptoms that don't change much . '*

The asthma control plan is a written document that describes the signs and symptoms of asthma and how to treat it, which is also an important part of the treatment that therapists and patients should coordinate done regularly.

Jennifer McCracken, UTMB assistant, said: *"Identifying asthma treatment goals will help reduce the symptoms of patients, help ensure they can maintain normal functioning, perform well on tests. lung function and will reduce asthma-related risks such as future asthma attacks and side effects of medication treatment if available "*

Because of the complex nature of asthma, therapists need to approach, coordinate with patients with a plan based on a method based on determining the causes of the disease as environmental factors such as Occupational allergies, viruses and stimulants, as well as the strengths and weaknesses of the drugs they are using to have a specific treatment plan.

You finished reading the article "**Unexpected discovery: Physical and breathing surveys are the best way to diagnose asthma**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.