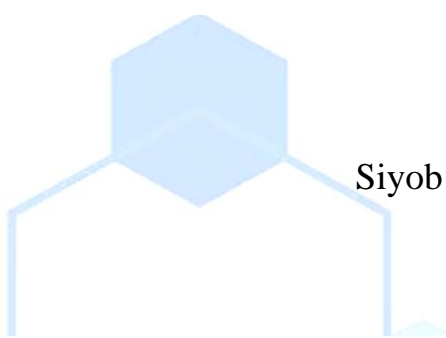


## OCCUPATIONAL ASTHMA

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Annotation : Occupational asthma makes it hard to breathe when you work with substances that cause your airways to swell. It can cause shortness of breath, a cough and chest tightness that usually get better when you've been away from work for a while. Treatments can help, but the best way to reduce your risk of an asthma attack is to avoid triggers.

Аннотация: Профессиональная астма затрудняет дыхание, когда вы работаете с веществами, вызывающими отек дыхательных путей. Она может вызывать одышку, кашель и стеснение в груди, которые обычно проходят, если вы какое-то время не ходите на работу. Лечение может помочь, но лучший способ снизить риск приступа астмы — избегать провоцирующих факторов.

Annatatsiya : Kasbiy astma nafas yo'llarining shishishiga olib keladigan moddalar bilan ishlaganda nafas olishni qiyinlashtiradi. Bu nafas qisilishi, yo'tal va ko'krak qafasidagi siqilishga olib kelishi mumkin, ular odatda ishdan uzoqda bo'lganingizda yaxshilanadi. Muolajalar yordam berishi mumkin, ammo astma xuruji xavfini kamaytirishning eng yaxshi yo'li tetiklantiruvchi omillardan qochishdir.

What is occupational asthma?

Occupational asthma is a type of asthma that happens when substances that you breathe in at work inflame and irritate your airways. It can cause asthma attacks that

make it hard to breathe. Substances that can cause occupational asthma include dust, chemicals and molds.

You might develop occupational asthma right away after breathing in these substances. Or it can take a long time to develop symptoms.

Types of work-related asthma. There are two kinds of asthma related to work:

Occupational asthma is when someone who never had breathing problems before develops asthma symptoms from inhaling (breathing in) substances at work.

Work-exacerbated asthma is when existing asthma gets worse from exposure to substances at work.

### Symptoms and Causes

What are the symptoms of occupational asthma?

Symptoms of occupational asthma are the same as symptoms caused by other types of asthma, including:

- Shortness of breath
- Wheezing
- Chest tightness, pain or pressure
- Coughing

What causes occupational asthma?

A reaction to substances you're exposed to at work causes occupational asthma. Inhaling certain things causes your airways to swell and makes it hard to breathe. Occupational asthma can happen from irritation (sometimes called reactive airways dysfunction syndrome) or an allergic reaction, where your immune system causes inflammation to try to remove something it thinks is harmful. Many different types of substances can cause this reaction. It sometimes takes a long time before it develops.

How is occupational asthma diagnosed?

An allergist or pulmonologist diagnoses occupational asthma by asking about the symptoms you're experiencing and performing lung function tests. They'll ask about your personal and family medical history.

Tell your provider what you do for work. This information will give your provider clues about what might be triggering asthma attacks.

Before your appointment, it can be helpful to keep track of when you have symptoms. Knowing when you have the worst symptoms will help your provider determine if you have work-related asthma and rule out other conditions.

What tests diagnose occupational asthma?

Your provider might use these tests to determine how well your lungs are working and rule out other conditions:

Allergy blood tests or skin tests. These can determine if an allergy is triggering your asthma symptoms.

Spirometry. This is a common lung function test that measures how well air flows through your lungs.

Chest X-rays or CT scans. These can help your provider look for causes of your symptoms.

A peak flow meter. This can measure how much your airways are restricted during certain activities (like when you're at work).

When the environment you work in is literally making you sick, you might wonder if there are any good solutions. But you don't necessarily have to quit your job altogether to help yourself get better from occupational asthma. There might still be other ways to protect your health.

Getting a diagnosis and talking to your provider about ways to manage asthma can be the first steps toward feeling better. Talk to your employer about precautions that can help you and others avoid asthma triggers. This might mean additional safety equipment or doing a different type of job. You may also need to consult with occupational health officials. While this might seem like a lot, protecting your health in the long run is worth the extra steps now.

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