



Comorbid Asthma Diminished the Chance for COVID-19 Mortality within the Joined Together Kingdom

Haiyan Yang*

Department of Epidemiology, Zhengzhou University, China

INTRODUCTION

Asthma, a chronic respiratory condition, affects millions of people worldwide. While it is primarily characterized by recurring episodes of breathlessness, wheezing, coughing, and chest tightness, asthma can have far-reaching effects on various aspects of an individual's life. Beyond the obvious symptoms, there are several less apparent yet significant side effects associated with asthma. In this article, we will delve into the wide-ranging consequences of this condition, shedding light on the physical, emotional, and social ramifications it can have on those living with asthma. Persistent inflammation of the airways in asthma leads to long-term damage to the lungs. Over time, this can result in reduced lung function, affecting the individual's ability to engage in physical activities and leading to a diminished quality of life. Asthma-related symptoms, such as coughing and wheezing, often disrupt sleep patterns, leaving individuals fatigued and weak. The constant struggle for breath and interrupted sleep can have a cascading effect on overall energy levels and daily functioning. Asthmatic individuals may experience exercise-induced asthma, where physical activity triggers symptoms. This can limit their ability to participate in sports and other physically demanding activities, contributing to a sedentary lifestyle and potential weight gain. Asthma makes individuals more susceptible to respiratory infections, such as colds, flu, and pneumonia.

DESCRIPTION

These infections can exacerbate asthma symptoms, leading to further respiratory distress and prolonged recovery periods. Living with asthma can induce anxiety and stress due to the

constant fear of experiencing an asthma attack. The anticipation of breathlessness or not being able to find immediate relief can lead to heightened anxiety levels, impacting overall mental well-being. The chronic nature of asthma, coupled with its impact on daily life, can contribute to feelings of sadness, hopelessness, and depression. Individuals may struggle with the limitations imposed by the condition, leading to a decreased sense of self-worth and reduced enjoyment of life. Children with asthma may face emotional challenges, such as fear of separation from parents, anxiety related to school activities, or social isolation due to their condition. These emotional stressors can affect their academic performance and social interactions. Asthma is often misunderstood by others who may perceive it as a minor inconvenience rather than a serious medical condition. This lack of understanding can lead to stigmatization and isolation, making it difficult for asthmatic individuals to feel accepted and supported in social settings. Asthma symptoms and the need to manage triggers can restrict an individual's participation in various activities. This may include avoiding certain environments, such as places with smoke or strong odors, and limiting social engagements that could potentially exacerbate their symptoms. Severe asthma attacks and frequent hospitalizations can disrupt work attendance and productivity. Asthmatic individuals may face challenges in certain professions that expose them to triggers, such as those involving dust, chemicals, or allergens [1-5].

CONCLUSION

Beyond the obvious symptoms of breathlessness and wheezing, asthma has far-reaching side effects that can impact an individual's physical, emotional, and social well-being. Reduced

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Corresponding author Haiyan Yang, Department of Epidemiology, Zhengzhou University, China, E-mail: y_hy@zzu.edu.cn

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lung function, fatigue, exercise limitations, and susceptibility to respiratory infections are some of the physical consequences. Anxiety, depression, and emotional distress often accompany asthma, impacting mental health. Social stigma, limitations on daily activities, and career-related challenges can result in social isolation and reduced opportunities. It is crucial to raise awareness and provide support systems that address these side effects comprehensively, helping asthmatic individuals lead fulfilling lives while effectively managing their condition.

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CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

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