

A Black Perspective

You & Your Health



Brenda Kennedy BSN

Asthma

Asthma is another serious problem in our community that we need to take a look at. We have already discussed some of the other respiratory or breathing problems, or illnesses related to breathing problems. Some of these were bronchitis, tuberculosis and the common cold. Now let's look at one of the more serious problems which is asthma. Asthma ranks as (approximately) number seven in the leading causes of deaths among Blacks in our country. So we can see how asthma is a problem that needs some attention.

Asthma is a disease of the lungs or portions of the lungs. Attacks of this disease vary greatly in frequency, length that they last and how severe the attack is for the person. The attacks may range from periods of wheezing, and shortness of breath, to severe attacks almost like suffocation. An attack may last for days or even weeks.

There are believed to be several causes for asthma

some of these include allergy and a hypersensitivity to bacterial infections. It is also believed that nervous tension and emotional problems often prove to be a chief cause for some attacks of asthma.

If you have difficulty with breathing problems, contact a physician for examination and proper test, asthma may or may not be the nature of your problem. If it is discovered that you have the disease, treatment begins with attempts to determine what the allergy is that you have. Drugs or medications are given to relieve the symptoms of asthma. Sometimes when attacks are extremely severe, persons are placed in a hospital for immediate relief of symptoms and to place the person under proper medical or drug management. Trying to relieve dust pollen and other allergy causing substances from the environment also becomes very important. Also the relief of anxiety or nervous tension will help to relieve the symptoms.

Spirit Square To Offer Modern Dance Workshop

A modern dance workshop will be offered at Spirit Square over the Christmas Holidays on December 27, 28 and 29. Two levels will be taught: an advanced level for those dancers with at least two years of intensive dance training and an elementary level for those dancers with a more limited background. The times will be 1:00 to 2:30 p.m. for the advanced class and 2:30 - 4:00 p.m. for the elementary class.

The instructor, Martha Armstrong Gray, teaches in Boston, Mass. as well as choreographs and performs with "The Dance Collective", also based in Boston.

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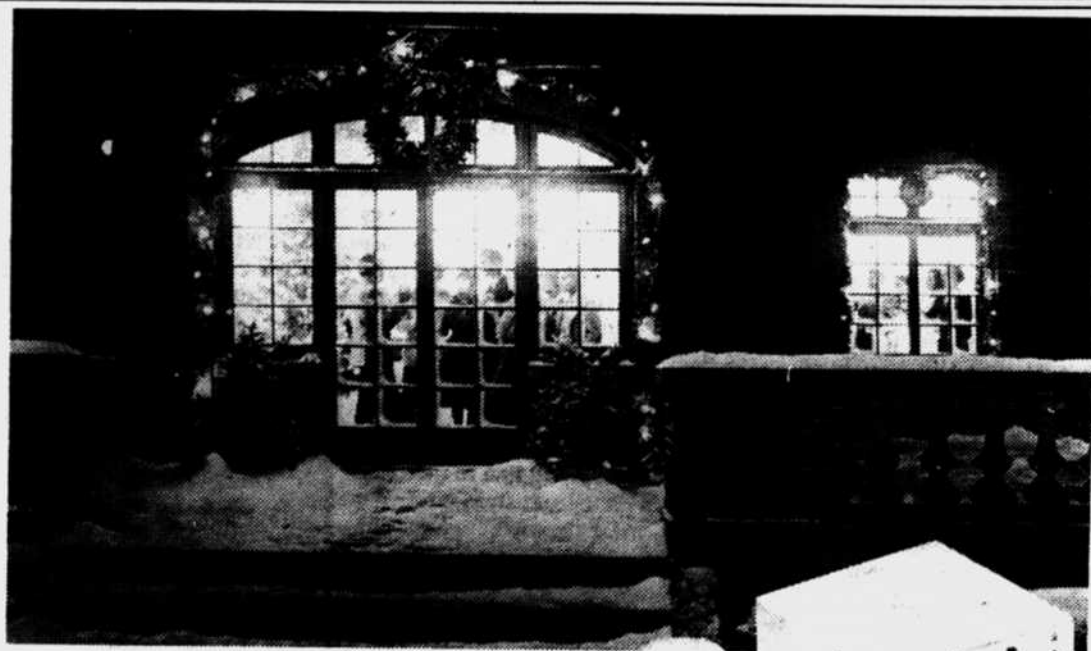
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