

Did you know that there are different types of asthma? Do you know which type of asthma do you have? Well, determining your type of asthma helps you to avoid its triggers and to seek the most effective treatment when you have an asthma attack. In addition, understanding how asthma develops and what happens during an attack, i.e. pathogenesis of asthma, will surely lead to the development of better drugs, management plans and hopefully a way to cure asthma!

## TYPES OF ASTHMA



### EXTRINSIC ASTHMA

- It is the **most common** type that mainly affects **atopic children**, i.e. have genetic susceptibility to developing allergic reactions, and is triggered by **allergens** (any substance that causes an allergic reaction), such as pollen, dust mites and pet dander.
- Positive **family history** and **skin test** are common in this type.
- It might improve or disappear completely as the patient gets older but can return later in life as an intrinsic asthma, especially if it was initially a moderate or severe asthma.<sup>1</sup>
- The main factors contributing to asthma development are genetic susceptibility and environmental exposure to allergens.<sup>2</sup>

### Factors



### INTRINSIC ASTHMA

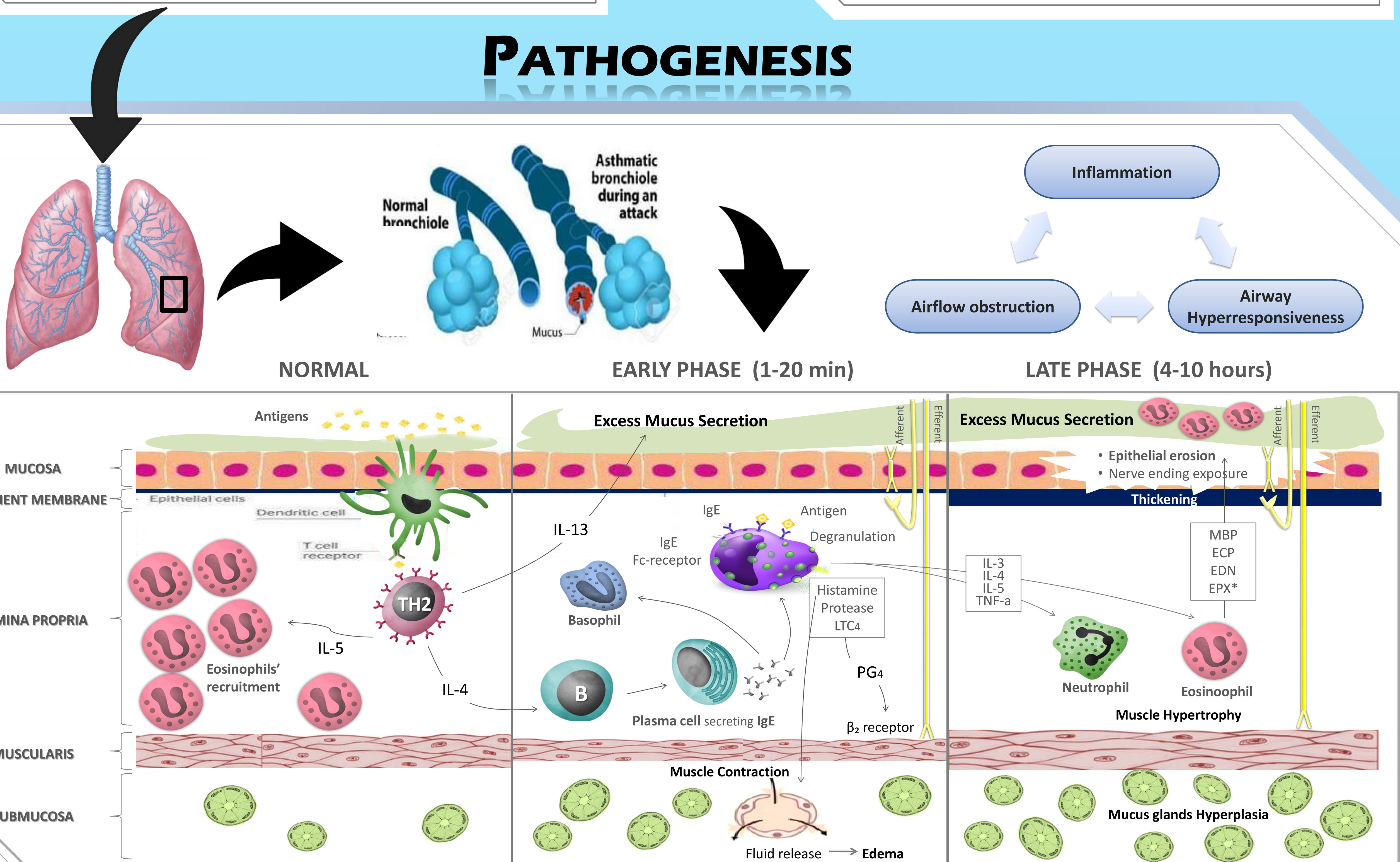
Also known as **late-onset** asthma as it develops in **adulthood**. Unlike the extrinsic type, intrinsic asthma commonly develops in non-atopic women, and this could be linked to some factors as:

- Work-related factors (Occupational asthma)
- Smoking
- Obesity
- Female hormones

It is usually triggered by:

- Viral infections
- Irritants (cold air, chemical fumes)
- Medications (NSAIDs; aspirin,  $\beta$ -blockers; )
- Exercise, after  $\geq 10$ -15 min (Exercise-induced asthma)
- Hormonal changes (Pregnancy & MC)
- Depression / anxiety
- Excitement / stress<sup>3</sup>

## PATHOGENESIS



\*MBP, Major basic protein; ECP, Eosinophil cationic protein; EDN, Eosinophil-derived neurotoxin; EPX, Eosinophil peroxidase<sup>34</sup>

## REFERENCES

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