

Outgrowing asthma in childhood

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Abstract :

In some conditions of asthma in childhood symptoms of it can disappear when children become older, but on the other hand some of them can't get rid of this disease or this symptoms and it will last with them for the rest of their life. When the asthma disappear we call it outgrowing asthma, but there is always a big possibility for the outgrowing asthma to return back in adolescence.

Introduction :

Asthma is a chronic disease of the airways that makes breathing difficult. With asthma, there is inflammation of the air passages that results in a temporary narrowing of the airways that carry oxygen to the lungs, this results in asthma symptoms including : coughing, wheezing, shortness of breath and chest tightness. If it is severe, asthma can result in decreased activity and inability to talk. All these symptoms in childhood can then disappear when kids grow up depending on many factors such as the severity of the disease or if one of the parents have asthma in these conditions asthma is less likely to grow out it. Or even if the parents didn't help their child by the early diagnosis ,and more factors.

First study :

Outgrowing asthma is a temporary asthma that occurs in children, then after they become older this asthma will start to disappear and symptoms will usually go away by itself after 5 or 6 years old. And this is more common among boys rather than girls for some reasons. But there is always a chance to get these symptoms back again. Recent studies showed that in about half of the kids whose symptoms decline during adolescence they will reappear when they hit their 30's or 40's(1).

Second study :

One of the factors that can make asthma return back to the person is the allergy. Children who have a history of allergies to anything, for example from pets or any animals specifically if they are living in a farm or if a child have a sensitivity from any allergens, these tend not to improve and get rid of asthma, and this is according to a study by Gary Rachelefsky a professor of allergy and immunology at UCLA(2). His observation is backed up by findings from a nine-year study of more than 1,000 asthmatic children, which showed that children with allergy would never improve and asthma will last with them forever.

Third study :

As we mentioned before, boys are more likely to grow out asthma than girls, although they are more about to have asthma than girls at a young age. And this is according to Dr. Kelan G. Tantisira, of Brigham and Women's Hospital and Harvard Medical School in Boston

that proved that the incidence of asthma around early school age is higher in boys than girls(3). She and her team studied about 1,041 children with mild to moderate asthma who were between 5 and 12 years old. And they were the first to study these asthma differences between males and females and that the gender plays a big role in outgrowing asthma. It appears that the difference is related to the persistence of, or increased susceptibility to airway responsiveness in girls. Boys in contrast, show an improvement as they get older. Also It may be due that hormonal changes and genetic susceptibility in both sexes. But till now no single straightforward mechanism can explain the gender differences found in asthma.

Conclusion :

At the end some say that young children who have asthma-like symptoms that disappear later they haven't asthma. It's a temporary condition that doesn't turn into a lung disease. In young children, it can be hard to tell whether signs and symptoms such as coughing, wheezing and shortness of breath are caused by asthma or something else. Sometimes, what seems to be asthma turns out to be another condition, such as bronchitis, recurrent pneumonia or bronchiolitis. These and a number of other asthma-like conditions typically improve as children get older.

References :

- 1- American College of Allergy, Asthma & Immunology: "Asthma in Children." , Joyce C. Rabbat, MD, associate professor, Loyola University Medical Center.
- 2- <https://www.webmd.com/asthma/features/outgrowing-asthma-is-remission-possible#1>
- 3- <https://www.reuters.com/article/us-outgrow-asthma/boys-more-likely-than-girls-to-outgrow-asthma-idUSCOL55571620080815>