

# Non pharmacological treatment of asthma pdf

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We aim to comprehensively evaluate and synthesize existing evidence regarding the effectiveness of various NPIs throughout the life course. The treatment of asthma largely depends on guideline-based pharmacologic therapies. However, nonpharmacologic therapies for asthma such as pulmonary rehabilitation, focused breathing techniques, and bronchial thermoplasty have an important, yet underappreciated, role. The Focused Updates to the asthma management guidelines represent the first revision of the National Asthma Education and Prevention Program guidelines in more than years. Some of the additional things that can be done have been scientifically proven to help, whereas others have not. The impact of non-pharmacological interventions (NPIs) on asthma prevention and management is insufficiently examined. However, nonpharmacologic therapies for asthma such as pulmonary rehabilitation, We present in this article as part of the book on Asthma/COPD Overlap, the non pharmacological treatments, including self-management interventions and giving risk of developing asthma in offsprings in the prenatal stage, digital health in-terventions in improving asthma control from childhood to older adulthood, and breathing exercise in This review will focus on potentially important nonpharmacologic therapies for severe asthma: pulmonary rehabilitation (and its components), Buteyko breathing technique (BBT), and bronchial thermoplasty (BT). Medication is important in the treatment of asthma, to prevent asthma attacks and keep the condition under control. But many people would like to do more than just take medication. This review will focus on potentially important nonpharmacologic therapies for severe asthma: pulmonary rehabilitation (and its components), Buteyko breathing technique. Non-pharmacological strategies and interventions. Treatment in specific populations or contexts. Asthma flare-ups. The treatment of asthma largely depends on guideline-based pharmacologic therapies.

 Difficulté Facile

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Matériaux

Outils

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Étape 1 -

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