Kuwait Times: Tell us more about yourself.

Mutairi: My name is Sana Al-Mutairi. I am working as an associate professor at the Faculty of Medicine at Kuwait University and I am the head of the respiratory unit at Amiri Hospital. I graduated from Kuwait University’s Faculty of Medicine, then finished my specialty in London.

Kuwait Times: How common is asthma in Kuwait? Whom does it mostly affect?

Mutairi: Asthma is a chronic lung disease that affects all age groups, but you can see it more among young people and sea among the elderly.

Kuwait Times: Most recent studies in Kuwait, conducted in 2012, had shown that asthma among adults is 15 percent and among children up to 12 years old is 18 percent.

Kuwait Times: In Kuwait, asthmatic people may be unaware of asthma’s caus- es, its symptoms, and treatment; talk about patients with asthma and their treatment.

Mutairi: We cannot define top causes of asthma in Kuwait because asthma is universal. The majority of causes are flu, change of weather, allergens (including pollens, molds, dust), or exercise.

Kuwait Times: How common is asthma in Kuwait? How can a parent help a child manage asthma? How can an asthma sufferer or a parent of a child suffering from asthma know what are the basic medicines or treatment?

Mutairi: One of the most important steps in asthma management is to have a written plan set between the patient and his doctor to know how to monitor the use of their controller, when to get the dose of controller, when in asthma attack. This should be discussed between the parent and the doctor to know how to monitor the use of controller, when to get the dose of controller, when in asthma attack.

Kuwait Times: What advice would you give someone suffering from asthma?

Mutairi: Always keep a plan written by your doctor with you. Always contact your doctor and try to live your life normally because you are a normal person. There are times that your lungs do not allow you to exercise during certain times, but that does not stop you from normal activity. A lot of Olympian champions are asthmatic, and they are in a good asthma control therapy.

By Faten Omar

Asthma is a chronic lung disease blocking the airways and is marked by labored breathing, often accompanied by wheezing and coughing. Around the world, asthma affects people of all ages and in all socioeconomic strata.

In Kuwait, asthmatic patients may be unaware of asthma’s causes, its symptoms, and treatment; talk about patients with asthma and their treatment. Some patients with asthma may be oblivious on what to do during an attack. For this reason, Kuwait Times interviewed Dr. Sana Al-Mutairi, head of the respiratory unit at Amiri Hospital to know more about asthma and how to control it.

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